

INFORMATION EXCHANGE

Nagualist

THE NAGUALIST NEWSLETTER AND OPEN FORUM / ISSUE 1 JUNE/JULY 1994

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PAGE 1

Reader submissions make first issue a success.

Answers from the source (pg .9)!

Is the "Knock of the Spirit" a metaphor, or can Dreamers expect a literal knock by the in-organic beings?

The Academic community discussed NAGUALISM more than a century ago!

Does Castaneda have apprentices teaching others?

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Reader input to the first edition was greater than expected.

Welcome to the first edition of the Nagualist Newsletter. Judging from your input, some of you have mixed feelings about the purpose of this newsletter. Nagualism is often confused with shamanism, or worse yet, it is often associated with individuals who pick and choose elements to suit their own purposes.

The purpose of this newsletter is to explore and investigate the possibility of participating in the practices described as modern Nagualism.

At the present time there is no single place where interested parties can share information and pose questions relevant to their own practices. Those interested in reading articles by Carlos, Carol, Taisha, and Florinda find themselves having to search the magazine racks of witch-

craft and crystal shops constantly for fear of missing an interview in an offbeat magazine. This newsletter will, among other things, serve as a place where you can report anything you come across. In exchange, you can see what others have found. You can submit questions which will be read by other readers. A reader may get the opportunity to relate your question to a member of Carlos' group. Readers have already submitted information about encounters with the female warriors of Carlos' group.

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DREAM CRYSTALS

Perfect finger length crystals can be bought. Finding them is another story.

Rock hunting had it's heyday in the late 50s. The rock hounds of that era were prolific. A great deal of the easy to find material was taken. Fortunately, quartz crystals are fairly common and the harder to reach ones are still there. Another benefit of that era was the extensive mapping of sites with good crystals.

If you have never been rock hunting, you will probably have an unrealistic idea of what it's like. Imagine relying on a poorly drawn map intended to guide you to a location 250 miles away. A good 1/10 of the trip is likely to be on a bare dirt road that would make the road leading to Doña Soledad's house look like a modern highway. Sometimes you'll need 4 wheel drive. If it's wet, the roads wash out. Flash floods are something to take seriously and private land can overlap with the sites.

There may be crystals lying around, but they won't be long enough. You'll have to dig using pick axes, chisels, sledge hammers, and shovels.

Unless you are trying to "tame an ally", I suggest you purchase them. Crystals for *dreaming* are just a prop. The inorganic beings don't seem to care how you got them.

Be prepared for a lot of digging if you still insist on finding them yourself. Remember that most crystals are not long enough

to use as a *dreaming* aid. Out of twenty sites only one will have these type.

There are excellent books available that give locations of sites. I recommend the "GEM TRAILS" series. There is one for each state. They do not get detailed about the length of quartz crystals. Most people are not looking for quartz crystals and few have a desire to press them between their fingers.

Look in your yellow pages under "Lapidary" and you will probably find the local rock shop. These shops will have crystals for sale, but it is unlikely there will be 6 finger length ones. Typically they will also cut and polish them. They will have magazines and information available about local rock shows. These are excellent sources.

The rock shops sell what you need to cut and polish crystals. You can purchase the materials, corundum grit and cerium oxide powder, for around \$10. Grinding and polishing will be hard work. You can purchase a machine for under \$200. If you buy a machine, don't get the type that looks like a table grinder. Crystals have large flat facets. Buy one of the modern lapping machines made for that purpose. They grind quickly and you won't need to slice the ends. These machines can remove as much material as needed.

If you finish the crystals by hand, don't expect to remove more than 1/32 inch material. You can grind with "emery" type sand paper and water from a hardware store if you are on a small budget. Make sure the surface is corundum or "garnet" and waterproof. You will need cerium oxide powder for polishing. Polish by putting powder and water on a flat piece of hard plastic such as a clipboard. Rub the crystal face in a figure 8 motion.

I still recommend purchasing the crystals. Six nicely polished finger length crystals will cost around \$45. Perfect ones with

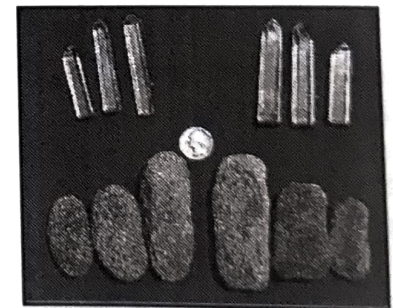
no internal flaws will cost around \$150. The dealer is very important. A bad dealer might sell you synthetic material cut to look like a crystal. Here's a reputable dealer who was asked if he wanted to be in the newsletter:

BIG SKY UNLIMITED
Mark C. Slabaugh
13864 Stage Coach Cir.
Victorville, CA 92392
Phone: (619) 951-5514

Before purchasing crystals, try pressing pebbles between your fingers. There is a significant barrier of concentration to overcome. Expect to concentrate intensely on shutting off the internal dialog for as long as 2 hours before sleep each night for weeks. Reward yourself with crystals if you succeed in passing the barrier.

I can't say what form success will take for you. For me the experience was vivid. Besides becoming aware of being asleep, I experienced *seeing* energy radiating from my solar plexus. That was coupled with a frightening feeling of paralysis and the feeling of being held down at the wrists by an electric charge. I feared I was having a heart attack the first time it happened. After that I got used to it.

If you have trouble getting your pebbles or crystals to work, remember that you must be able to shut off your internal dialog and you must have sufficient *freed* energy to apprehend the results. Recapitulating will help with both.



Crystals and pebbles for *dreaming*.

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CRATE, CAVE, OR CLOSET?

ONE PERSON'S EXPERIENCE.

Can't sustain your dreaming? Need energy? Try sitting in a cramped place for a year or two.

There is nothing I dread more than recapitulating. Sometimes I go on a binge and miss a few days. After a while, I find myself split at some strange level. One part is like a dead weight. I fancy it to be my lazy, tired old body. You'd think it would be the part that wanted to get more energy, but it's not. The other part of me, the part that takes responsibility for things, eventually nags my body into skipping the next Twilight Zone rerun. Off we both head for the crate.

I always pacify the heavy part with a stop by the refrigerator for a quick drink of root beer. The heavy part understands a bribe. When I finally find myself entering the crate, I sometimes hear the responsible part say out loud, "It's about time!".

The odd thing is that recapitulating makes me feel happy, healthy, optimistic, and energetic. *Dreaming* makes me gloomy and indifferent. And I still prefer *dreaming*.

I guess both parts have to participate to recapitulate. When I do *dreaming* the heavy part gets to go to sleep.

I decided to try recapitulating because I wanted to isolate a scout. Getting control of your dreams is entertaining enough and I'd do it just for fun, but it doesn't prove a thing. Neither does shutting off the internal dialog. So you hallucinate, big deal. As soon as you start thinking again it all ends.

I wanted to do something impossible. Isolating a scout and following it to the inorganic beings realm seemed like a make or break test of truth.

I began to put a fierce effort into my *dreaming*. I didn't find any scouts, but I did gain unbending intent. It had always seemed like a romantic idea with no basis. I found out it was something concrete. Everything else began to drop off in importance until it all felt like someone else's problem. It was like the feeling in elementary school when summer vacation comes around. There's freedom ahead and the tension of the classroom doesn't matter anymore.

I became more responsible. I finally noticed that Don Juan had said, "The reason average people lack volition in their dreams is that they have never recapitulated...". Suddenly recapitulating didn't seem so unreasonable.

I poured over the books and discovered what others must have discovered. There isn't one way to do it.

There is a discrepancy in the head turning direction and there are questions about the breathing. Do you breath all of the time or just when taking back energy? How often do you hold your breath?

I opted for Florinda's instructions in "The Eagle's Gift". I used right to left inhalations and continuous breathing. I started with the initial breath before taking the item at the top of my list. I finished each "topic" with a single pass holding my breath. I followed that with a complete breath looking straight forward. I added a touch of Taisha by concentrating on extending my fibers from my midsection.

The first thing I learned is that the Nagual Julian was right. He felt that the list and the crate were very important things. I would have assumed the act of recapitulating was the only thing. Not so. Making the list does indeed stir things up. It turns out to be not only possible, but rather fun. I decided mine was done when I couldn't think of a single person or event to add for 2 weeks.

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A recapitulation crate.

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NAGUALISM DEFINED IN 1894!

We received a submission in a large manila envelope that was so thick we worried what kind of trouble we were in this time. It turned out to be a magnificent gift. It was the text of a paper read to the American Philosophical Society on Jan. 5, 1894. The topic was NAGUALISM. The full title of the paper is "Nagualism. A study in Native American Folk-lore and History". The author was Daniel G. Brinton whom I have since learned can be researched at most libraries.

This paper is the same kind of scholarly information that Carlos used to dig up and toss at Don Juan. In fact, I believe this to be the paper Carlos was thinking of in Tales of Power when Don Juan first introduced him to the terms Tonal and Nagual. Don Juan reacted by dismissing his ideas on the subject.

Perhaps I shouldn't have been as excited as I was upon receiving this paper, but I didn't know how to spell "Nagualist". Now I do.

First the details in case you want to get a copy for yourself: The publisher was MacCalla & Company, Printers, 237-9 Dock Street in the year 1894. Professor Brinton was

The paper Don Juan called "pure nonsense"?

Nagualism. A Study in Native American Folk-lore and History.

By Daniel G. Brinton, M.D.

(Read before the American Philosophical Society, Jan'y 5, 1894.)

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35. Confusion of Christian and Native Religious Ideas; Prayers of Nagual Priests. Their Symbolic Language. 36. The Inquisition and Nagualism. 37. Etymology of the Word *Nagual*. 38. The Root *Na* in the Maya, Zapotec and Nahuatl Languages. 39. The Doctrine of Animal Transformation in the Old World. 40. The Doctrine of Personal Spirits in the Old World. 41. Scientific Explanations of Nagual Magic. 42. Conclusion.

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born in Phornbory, Penn. in 1837 and died in 1899. He was Professor of American Archaeology and Linguistics in the University of Pennsylvania. If you look carefully at the bottom of the Contents there is information that may help you track down your own copy.

The publication is 65 pages. We couldn't print all of it in this edition, but we will do so (in larger print) if there are enough requests.

1. The words, a *nagual*, *nagualism*, a *nagualist*, have been current in English prose for more than seventy years; they are found during that time in a variety of books published in England and the United States,* yet are not to be discovered in any dictionary of the English language; nor has *Nagualism* a place in any of the numerous encyclopedias or "Conversation Lexicons," in English, French, German or Spanish.

This is not owing to its lack of importance, since for two hundred years past, as I shall show, it has been recognized as a cult, no less powerful than mysterious, which united many and diverse tribes of Mexico and Central America into organized opposition against the government and the religion which had been introduced from Europe; whose members had acquired and were bound together by strange faculties and an occult learning, which placed them on a par with the famed thaumaturgists and theodidacts of the Old World; and which preserved even into our own days the thoughts and forms of a long suppressed ritual.

In several previous publications I have referred briefly to this secret sodality and its aims,† and now believe it worth while to collect my scattered notes and present all that I have found of value about the origin, aims and significance of this Eleusinian Mystery of America. I shall trace its geographical extension and endeavor to discover what its secret influence really was and is.

2. The earliest description I find of its particular rites is that which the historian Herrera gives, as they prevailed in 1530, in the province of Cerquin, in the mountainous parts of Honduras. It is as follows:

"The Devil was accustomed to deceive these natives by appearing to them in the form of a lion, tiger, coyote, lizard, snake, bird, or other animal. To these appearances they apply the name *Naguales*, which is as much as to say, guardians or companions; and when such an animal dies, so does the Indian to whom it was assigned. The way such an alliance was formed was thus: The Indian repaired to some very retired spot

* These words occur a number of times in the English translation, published at London in 1922, of Dr. Paul Felix Cabrera's *El libro de los Naguales*. The form *nagual* instead of *nagual*, or *nagual*, or *nagual* has been generally adopted and should be preferred. † For instance, in "The Names of the Gods in the Kiche Myths," pp. 21, 22, in *Proceedings of the American Philosophical Society*, 1881; and in *Annals of the Colloquium*, Introduction, p. 45; *Range of an Americanist*, p. 170, etc.

We have reproduced the contents and the first page. We believe that these are a good sampling of the paper. At least the scholars of era's past were more honest and attributed everything they didn't understand to the devil. We believe you will agree that this paper may be what prompted Carlos to speak on page 119 of Tales of Power (paper back edition, February 1992 printing).

Source: Rolla, MO (Thanks!)

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RECAPITULATING EXPERIENCES

Reader finds his hands more often after recapitulating.

Before I started recapitulating I struggled very hard to find my hands in my dreams a couple of times a week (if I was lucky!). When I started recapitulating it stopped altogether because my concentration was broken. But now it's starting to have an accumulative effect. I *dream* at least twice a week without even looking for it and the *dreaming* lasts much longer. Besides that all of my dreams have become vivid and it feels like I dream all night. I require less sleep too.

Source: Corona, CA

Questions about the process, success in practice.

My first contribution [to the newsletter] is a question: Does it really make any difference which direction we move our heads as we inhale and exhale in recapitulation? Is it arbitrary? In *The Eagle's Gift*, Florinda instructs Carlos to *inhale* while moving his head from right to left. In *The Sorcerers' Crossing*, Clara instructs Taisha to do the same: *inhale* while moving from right to left. But in *The Art of Dreaming*, Carlos wrote "Long exhalations are performed as the head moves gently and slowly from right to left; and long inhalations are taken as the head moves back from left to right." (page 149) I suspect practice is what counts, not direction, but I wonder if any lecture-attendees heard something not written in the books.

I have begun to recapitulate at an undisciplined and erratic pace. Nevertheless, my ways of dealing with people are changing as never before. Over the next three months I am going to double my recapitulation efforts and work on regularity and consistency.

The nature of one's crate or container is probably not all that important--what counts is the proximity of a physical structure that puts "pressure" on the energy body. I started out using a teepee-like cone of a dozen or so bamboo poles cinched by a strong rubber band. Now I'm planning to make an enclosure out of some tall old window shutters I have stored away for years.

[In answer to the newsletter ad question about darkening rooms] To meditate in total darkness, work toward a "layering" effect. If you use a closet, for example, then take steps to darken the main room the closet opens into. When the main room is as dark as possible, the additional work on the closet may be minimal. As a photographer, I've built nine or ten darkrooms, and find today's weather-stripping (especially the folding kind) quite effective around and under doors. Do your best and then sit in your space for ten minutes or more. Light leaks will become apparent. Some might be sealed with tape while others may require more extensive covering. Double black cloth curtains are helpful when your adaptations must be temporary rather than permanent.

Source: Little Rock, AR

Editor: As I'm sure you've noticed, your questions about recapitulating have been answered in a letter printed on page 9. Another reader attended a seminar by the women of Carlos' group and reported similarly that they weren't too serious about the details of recapitulating. Unfortunately, she requested not to be published. Maybe she can write in and give

permission to print her letter since she can see we aren't using any names or exact addresses.

Use of sweeping technique.

I have not taken the opportunity to confine myself within a cave like structure to gather lost energy as yet. However, I have found the sweeping technique helpful when I become troubled by a bad memory. The energy returns to me as was written and the moment ceases to carry emotion after a few passes. As an adult survivor of abuse, I think this is a good between step until I can work up the nerve to do a session in confinement. In theory, then sessions of less than 20 minutes can be of benefit as long as the attention is held on a limited number of past events.

Source: Moscow, ID

Editor: The reason I posed the question about shorter periods of recapitulation in the newsletter ad was that I suspect it takes some time to develop the ability to actually *see* the scene. I wonder if the longer period of time might encourage the energy body to take a more active part in the actual recollection. Think how much more fun recapitulating would be if the scene was actually *seen*.

Even so, I agree with you that the sweeping breath is a good thing to use anytime. For some reason I end up using it the most when I'm driving my car. I must look a little odd to other people driving down the road with my head turning back and forth. If they catch me, I pretend to be lost and looking for the right turnoff.

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Drug crazed hippies?

This has nothing to do with recapitulating but I discovered something weird to try after you finish. I was looking for more experiences of the shifting assemblage point type and I got tired of recapitulating but I didn't want to leave the crate. While I was sitting there I remembered something from a topic I had already finished recapitulating. I hadn't done that event so I went back to the older topic. That triggered another recollection of another event from a previous topic. These were things I had missed from other time periods in my recapitulation and my policy is to go back to them as soon as I remember them.

Well, I noticed that it felt different when I did a different time period. Since I'm always looking for new highs in my practice I thought about whether I could put it to use to shift my assemblage point. I thought about anything Don Juan might have said about it and it occurred to me that Don Juan's goal had been to "burn with the fire from within" by lighting up all of the emanations within his luminous cocoon. I conjectured that lighting them up must feel like something normal to the person who can do it. Don Juan has already said that recapitulating lights up old emanations. Now if they stay lit up when a new topic is started it might be possible to increase the total number lit up and gain enough of them to *see* energy. Well, it's a theory anyway.

So I tried to light up as many as I could by skipping between events I had recapitulated as far apart in time as I could. The first thing I noticed is that there is a real difference in the way each time period "feels". It's like a different frequency or pressure. After a few minutes

of concentrating on skipping around as quickly as I could while getting a complete picture of the time period I got a big fat jolt of energy. I successfully repeated it three times. Actually, towards the last time I decided not to fool around with that anymore, it wasn't very pleasant.

Source: Lake Elsinore, CA

Editor: You aren't one of those people who actually went out and dug a yard deep to get Devil's Weed root are you?

More questions about the process.

I feel you are correct in targeting the recapitulation as the foundation upon which all else is built. One question I haven't been able to resolve, no matter how many times I reread the appropriate passages, is, does one move their head from left to right and back again without breathing after each sweeping breath, or only at the end of the session. I have tried both ways. Doing it each time certainly creates a different rhythm, but I have no idea which approach is correct. As to your question [from the newsletter ad], I don't see why recapitulating for short periods (20-30 minutes) should impair the process, although I'm not really qualified to comment because that's usually about all I'm good for. I do the breathing technique from Taisha's book where you sit with your knees drawn up to your chest for at least a half hour prior to recapitulating [reader gives reason he can't spend more time on this]. I don't have a crate or closet, I just hang a blanket down from the bed above me [description of bed] and that creates a dark space just high enough to sit up in, about 3.5 ft. wide.

Source: Otisville, NY

A common feeling...

I've done limited recapitulating, and think it's useless and annoying, but I stay with it. I have experienced a state in dream in which I pass what seems to be a portal between waking and sleeping. On one side, I'm aware of the dream landscape; on the other, I'm aware of my sleeping body. I've willed my dream self across the landscape and seen some interesting things. I have observed my hands at length. I see no practical use for these abilities, and I'm not able to consistently apply them. None of this seems like *Dreaming* as Castaneda or Abelar describe it. *Dreaming* seems to be a way of perceiving inordinary reality that suspends the agreement of the rules of ordinary reality. I haven't accomplished any of that.

Source: Clayton, NM

Editor: Other readers seem to have experienced both the feeling that recapitulating is annoying and your experience of being aware of both waking and sleeping at the same time. There isn't much to say about recapitulation being annoying (it annoys me too), but isn't your experience of being aware of the dream landscape and your sleeping body at the same time a little like Genaro's attempt to make Carlos aware of his dreaming body? If you consider what happened, you were in two places at the same time (perceptually) and there is no reason that ability wouldn't grow with practice. If we take the development of a separate *dreaming* body as a serious possibility, I would say your experience is the beginning. I think your feeling that your experience was not like Carlos' or Taisha's is a result of their being around individuals with a lot of energy to spare. Also, you had your experience alone and there was no one to "agree" with you about it so it seems like it's only in your mind.

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A SHORT STORY

I had just gained an extraordinary amount of volition and clarity in my dream. The dream itself had been vivid and pleasant up to this point. Now I was nearly ecstatic, remembering everything I wanted to try out.

Forgetting my normal practices I decided to give a try at isolating a scout. I pointed my little finger at everything in sight and to my amazement it worked! Anything I pointed at lit up a little bit to let me know it was "selected".

Not wanting to let anything stand in my way, I quickly stepped from stone to stone across the stream meandering through the landscape. The phantoms around me seemed to know what I was trying to do and a nightmarish clown tried to stop me. I tried pushing him away, but he clung to my side.

Finally, something changed and I turned my back and walked on. I was about to uncover something, I could feel it. Just at that moment there was a knock on my apartment door in the "real" world. My attention was divided, I was waking up. Annoyed, I ran to the door only to find no one anywhere in sight.

SOURCE: Corona, CA

DREAMING EXPERIENCES

Knock of the what?

One reader experienced a knock on the door of his apartment while he was *dreaming* on two occasions. He stated that he can tell the difference between a sound coming from inside *dreaming* and one coming from the "real" world. In fact, he claims sometimes he can keep both in sight. The "Short Story" is about the first occurrence.

On the second occurrence he didn't jump out of bed but rather listened to the knock to see where it was coming from. He doesn't get many visitors in his neck of the woods so he knew a knock when he had been *Dreaming* might be a reoccurrence. He states that the knock was as clear as any real knock on his apartment door except that it was continuous and a bit too fast. He was fully awake, but the knock kept going. As he listened it started to change. The sound of water flowing through a pipe in the building became superimposed on it and the knock transformed into the sound of water knocking as it goes through a pipe. Finally, even the water knock went away and only water flowing through a pipe could be heard. Here's the interesting part. Because the knock transformed into a normal sound and was "explainable" he felt at that point that it was

nothing special. Then the next day he remembered that while the water sound was happening he could also see the water falling down through the pipe inside the walls. Thus while pondering the event and thinking there was nothing unusual going on he was actually in the middle of *seeing*. He says that all he could think about after that was that it had been the "Knock of the Spirit" but that he knew that was childish.

Source: Corona, CA

The broken glasses.

I had the opportunity to go on a business trip recently. I always like to do that because sleeping in a strange bed helps my *Dreaming*. As it turned out I succeeded in *Dreaming* only once on that trip. It was a good experience. I went to sleep and very shortly I found myself standing by the bed in the hotel room. I knew it was a dream. Instead of looking at my hands I felt drawn to my suitcase. I looked inside and saw a strange piece of glass with my clothes. I picked it up and realized that the lens had popped out of my glasses. That woke me up. I didn't think about it until I returned home. I wear contact lenses and I took them out. I got my glasses out of the suitcase. They were still in the carrying case. I took them out and put them on. I leaned over in the bathroom and the lens fell out of the glasses! My glasses had never

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broken before that and I didn't even know the lens could pop out like that. I think that the coldness of the luggage compartment must have loosened them and my *Dreaming* body knew that.

Source: Staff

Want to see yourself sleeping? Try getting sick in the back of a pickup truck.

One reader says he's only managed to find his hands a few times. But he seems to have a knack for seeing himself asleep because he's done that twice. He says that he was very ill and sleeping in the back of a moving pickup truck. He said it was very frightening. He knows he did that as a child too.

Source: Otisville, NY

When Dreaming and Astral planes collide.

I have this friend with the darndest talent for *Dreaming*. He practices TM and gets into *Dreaming* as a side effect. He's fully aware he's *Dreaming* and can do anything he wants but he's been taught it's bad so he won't experiment with it.

I struggle for months to get into *Dreaming*. One day I dreamed I was at a birthday party for my brother. I knew I was *Dreaming* and that someone special was at the party but

I wasn't clear headed enough to look around. I gave my brother a gift very aware someone else was watching. I opened it for him. The box was empty. My brother smiled.

The next day my friend called me up and told me I had been in his dream about a birthday party for my brother. When I opened his gift, "love" floated out.

The Yogis have a concept of Astral planes. They even inherit how to get to them from their teachers. It sounds to me like a shared dream world of pure intent like the church Carlos inherited from the Death Defier. I tried to talk my friend into making one of our own but he didn't want to. *Dreaming* together was nothing special to him. He was after Cosmic Consciousness.

Source: Withheld by request

Stalking the dreamer?

I've had some success getting into *dreaming* by taking advantage of my own tense and guilty personality. What I do is leave all of the lights on and leave the TV on with the sound turned low and lie on my bed in the wrong position with my clothes on and try to go to sleep. I have to be tired to make it work but I often get into *dreaming* this way.

Source: Staff

DEATH IS THE HUNTER

I decided to try pressing pebbles between my fingers before sleep.

It didn't occur to me that finding the pebbles was going to be difficult until I actually started to look for them.

I ended up hunting in a river bed below the San Bernadino mountains.

The road to the river bed was bumpy and my truck thrashed about terribly. I decided to park up high and walk down.

In the river bed, a family was playing in the water. A mother and two small children stood waist deep in a large pool formed by a man-made dirt dam. In the distance, beautiful rain clouds loomed over the mountains.

Nearby, the family's father and his friend watched me nervously as I circled around staring intently at the river bed.

I walked further up river to put them at ease. Finding six perfect stones to fit the space between my fingers was not easy. After two hours I took the stones I had gathered and headed back. I was not satisfied. I wanted to stay longer, but I had an appointment to keep.

The men watched me leave and seemed to relax. The potential source of trouble was gone.

That night, when I examined the stones, I realized they weren't that bad.

The next day I learned that a flash flood had engulfed that family and the father was killed.

Source: Riverside, CA

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PHONE INTERVIEWS WITH TAISHA AND FLORINDA

*Reader generously shares
phone interviews involving
Taisha and Florinda.*

The newsletter received two offers of possible information about personal appearances of members of Carlos' group. Another correspondence described a seminar given by the female warriors which emphasized the recapitulation. Unfortunately, that reader requested not to be published.

At the last minute we also received the following letter which answers the most common questions asked by readers about the recapitulation. It also answers one question posed in the advertisement for the first newsletter. We are very pleased to be able to share this letter with you:

Dear Nagualist Newsletter;

I am interested in your newsletter. Please send it to the address below. I will pass it along to several others.

I have listened to two phone interviews. One each with Taisha Abelar and Florinda Donner-Grau.

They made many interesting points.

Taisha:

(1) Recapitulation can begin from either shoulder. The R to L or L to R motion is not critical. (Note that in the Art of Dreaming Don Juan tells Carlos to begin on the left shoulder and in The Sorcerers' Crossing Taisha begins on her right shoulder.)

(2) Also a sweeping motion can follow the inhalation/exhalation. This is the same shoulder to shoulder movement without a breath. This sweeping is said to further clean off the luminous fibers.

(3) The place of recapitulation isn't that critical - a closet or shower stall will work. The idea is to put pressure on the luminous body. A claustrophobic person need not force themselves into a small room. She also stated that Florinda Donner-Grau recapitulated a huge amount of her life on a bus, on the way to Oaxaca. In other words you could recapitulate while driving your car.

Florinda on dreaming - states that women do not need to go through the same steps as men do to dream. She said women can go directly to the dream state. However she did not elaborate, her comments suggested that women still need to gain control of their energy body.

The two women made it clear that one must recapitulate to acquire energy needed to dream. They were also very clear that one must have a written list of all people that you know or have interacted with, especially in the beginning.

I hope this is helpful.

Source: Boise, ID

Editor: Thank you very much for providing us with the answers to the most commonly asked questions about recapitulating. Your letter is precisely what most readers were hoping to see in this newsletter. We would appreciate any future input you would care to provide.

We will send you multiple copies of the newsletter so that you can pass them on.

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IMAGE OF TULA

Taking the time to research places mentioned in Carlos, Taisha, and Florinda's books is well worth the effort. There is a surprising consistency about the location of places mentioned in the story line. Map out the cities mentioned and you will find them all falling along highway 15 which meets with the 19 from Tuscon and stretches all the way down to Mexico City. This is true of all three authors.

This implies that Carlos has not changed the locations in his books in order to disguise the whereabouts of participants. Perhaps it was unnecessary since Mexico is such a big place.

One area of particular interest was described in The Eagle's Gift, a sequel to the morbid and disturbing book The Second Ring of Power. Both books are of importance to us because they show how apprentices behave in the absence of a Nagual leader.

In that book, Carlos mentioned he had just been visiting some archaeological ruins in the city of Tula, Hidalgo which is located near Mexico City. He had been particularly impressed with the figures called "The Atlanteans". One of these is shown on this page. The implication was that the figures were objects of the fixation of the second attention of the Toltecs or were built as *dream* guideposts.



The figure Pablito described as "mannish women" at the Toltec capital of Tula, near Mexico City.

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CARETAKER'S CLOSET

A collection of strange objects.

Rather than leave out any reader comments that apply to Nagualism, we have created this column as a storehouse of whatever you find out there and care to send in. Some of the items are quite normal and simply wouldn't fit into any of the other columns. Others may fall into the bizarre object category best relegated to Emilito's closet.

Taisha, Santa, and I

I have reoccurring dreams that I am part of a *dreaming* group with members of Carlos' party. While in the dream things seem quite real and the dream itself often leads into *dreaming*. When I wake up however the dream seems more nonsensical. For a while I let my ego take over and I entertained the idea that maybe Carlos was "helping" me. But the other day I dreamed I was sitting on an inorganic beings lap with Taisha sitting on his other knee. The being was disguised as Santa Claus and he was showing us how to pass directly from waking into a dream. Since then I don't take these dreams very seriously.

Source: Withheld

A new term.

A very perceptive and entertaining reader included quite a bit of commentary that didn't make it into this newsletter. I could not resist, however, the desire to share a word coined in the submission. The term is

"Nagual-wanna-be". The reader also pointed out something that answered a question posed in the first newsletter ad. The question was whether The Art of Dreaming techniques applied to women. Apparently Don Juan himself answered that in the same book by saying that women only need to be made aware of the gate in order to reach it.

Source: Moscow, ID

Apprenticed with Carlos?

I read your ad in *Magical Blend* and found it intriguing.

Briefly, I have been on a Shamanic journey for many years. Seven years ago I met a man who apprenticed with Carlos for about 10 years. He had quite a story to tell. I began my own apprenticeship and my story continues to unfold. I even have a recording of this man, talking about some of his experiences with Carlos.

I also know other people who have had similar experiences. Perhaps, somehow I can contribute.

Source: Toronto, Ontario, Canada

Editor: Did he apprentice *with* Carlos or as Carlos' apprentice?

Coincidences.

A reader reports odd coincidences surrounding his finding each new book by Carlos or his party. The first book fell off the shelf and landed at his feet. He found the ad for this newsletter when he bought his first copy of *Magical Blend*.

Source: Concord, NH

The mold of man?

A reader reports having mistaken the mold of man for an ally when he first perceived it. That was before Carlos wrote about it. He admits the experience was "chemically induced", but does not feel that makes it less valid, just more transitory. He has also had the experience of inadvertently assembling complete other worlds.

Source: Otisville, NY

Editor: I'd like to take this opportunity to discourage other readers or future readers from experimenting with power plants, particularly Devil's Weed, which commonly produces comas that can last for months (or worse). Hard work is a better choice especially now that Carlos' group has generously provided detailed instructions. This is not a reflection on this reader, I just wanted to get that in and it seemed to fit here.

Death as an advisor.

A reader finds this concept useful to help overcome perceptual overload. He also finds that some who suffer from addictions respond to the idea that the world is not fully explainable.

Source: Greenwood, SC

DPH at box 21755: we couldn't read your handwriting.

Tempe, AZ: How about it, can we print that letter? It would be very interesting to other readers.

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Crate From Page 3

I learned that it was just indolence that made it seem like an unreasonable effort. It was an effort beyond what I'd been reared to consider reasonable, but it was far from impossible. It took a month and a half to make the list.

Building the crate was also quite an experience. I fancy it to be like the first time a virgin actor gets on stage in front of a huge audience. Up until then it's all a fine idea and its easy to believe you're committed. But suddenly you really are committed and it feels like you've shrunk. Building the crate is a commitment to a ridiculous task that no one in their right mind would even consider. It's a gesture that can't be forgotten. When you're done, there is a gigantic structure in your room that just can't be ignored.

I don't recommend using a cave. I couldn't find "Caves R Us" in my area. Besides, the root beer is too far away. I live alone and didn't have to opt for the closet. If you build a crate, I recommend getting a big comfortable armchair first. Build tightly around that and let lots of air in at the top while keeping light out. I bought cheap redwood strips and stapled them flat to the top with a space between them slightly smaller than their width. Then I put 3 of them on top perpendicular to the originals and started a new level resting on top of the perpendicular ones. That level covered over the spaces as far as light goes. The crate itself is in a room I can easily darken.

I could say a lot more, but the nice thing is you will discover it all on your own. I probably shouldn't admit it, but I only average 40 minutes a day. If I don't want to go in, I tell myself "Just for 5 minutes". I've never felt like leaving in less than 20. It's very nice and weird things happen eventually. And your *dreaming* gets vivid and natural. It really does work!

Don't skip any steps or do a sloppy job. You'll have to put so much time into the project that there isn't much point in cutting corners. Besides, the process is just as important as the result. It really is.

If you turn out to be a little dense and don't notice anything (maybe that old assemblage point is set in its ways), look for the following things that happened to me:

Your head stops turning in mid breath and you don't realize it until minutes later. You can't remember what you were doing during that time.

You start to see vague lights or a soothing glow.

Your muscles twitch or bulge.

You have vivid nightmares or dreams.

You find your hands in your dreams more often or your dreaming lasts longer.

You find yourself recapitulating events that couldn't possibly have

taken place but you were sure they did while recapitulating.

Your body moves on its own (fingers pointing, hands raising, etc.) in reaction to a scene.

You remember an event during recapitulation that you haven't thought of in years but you have the certainty you think about it constantly.

It took me 8 months to execute an acceptable breath. It didn't happen until I succeeded in getting my "fibers to come out". They didn't look like I expected so I'm not sure if it was the real thing. The only thing I know is that when I see them my breathing becomes as smooth as silk, my neck doesn't jerk at all (not even a little) and I can gather all of the feelings from a scene in a couple of breaths. When the fibers are absent it takes about 5 minutes.

You really will know when you've had enough of a scene. Don't stop until it feels emotion free (good or bad). If it's taking too long, Taisha suggested to breath in the scenery along with your feelings.

Recapitulating will age you a hundred years in a few months. Maybe that's just my fancy, but see if it isn't true. I bet that you'll aquire a calm indifference. Don Juan said that "Naguals are as cold as the arctic wind." I believe that's from recapitulating.

Source: Quail Valley, Ca.

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JUST SAY NO...

In the final analysis, we all have to take responsibility for our own actions. I can't help but think back to when I was 18 and hypnotized by Carlos' books. Eighteen-year-olds are pretty darn stupid and I wonder how I managed to survive my "power plant" phase.

At the time, it seemed the only way since there weren't any "brujos" around. Now we see it was simply the trickery of the Spirit in the form of a Don Juan catering to a Carlos who wanted to learn about Peyote. It hadn't much to do with Nagualism.

If Don Juan had resorted to a hammer blow to the apprentice's head, the books probably wouldn't have caught on as they did.

There is a point to this column. We received two letters from sincerely interested parties trapped in prison for drug possession charges.

One of them recapitulates by covering himself with a blanket when the other inmates are sleeping. I always wondered if that could be done.

Source: Editor

PUBLICATIONS OF INTEREST

The following publications may be of interest to the reader. If you run across any not listed please report them and they will be added to the next newsletter. We have indications there may be other interviews not listed. If you know of any others, please don't assume another reader will report them.

CARLOS CASTANEDA

The Teachings of Don Juan
A Separate Reality
Journey to Ixtlan
Tales of Power
The Second Ring of Power
The Eagle's Gift
The Fire from Within
The Power of Silence
The Art of Dreaming
Magical Blend Issue 14
Magical Blend Issue 15
New Age Journal April 1994

CAROL TIGGS

Magical Blend Issue 42

FLORINDA DONNER (-GRAU)

Shabono
The Witches Dream
Being-in-Dreaming
Magical Blend Issue 42

TAISHA ABELAR

The Sorcerers' Crossing
Magical Blend Issue 40
Magical Blend Issue 42

QUESTIONS FOR NEXT TIME

The questions posed in the newsletter advertisement in Magical Blend seem to have encouraged readers to write more in their responses. As a result, the newsletter is more interesting. Please feel free to submit your own questions to be asked just for fun. These do not have to be the type of serious questions we might pose to Taisha or Florinda. The newsletter should be entertaining as well as informative.

Here are some we created for the next newsletter:

1. Describe techniques you have used to hold onto a *dream* when it starts to fade.
2. Describe the barriers you fight getting the initial realization that you are in a dream and need to do *dreaming*. Is it ever halfway?
3. How clearly can you *see* the scenes in recapitulating (or is it just a series of imageless thoughts)?
4. Can you shut off your internal dialog strongly enough to get a result and how did you learn to do it.
5. Can this newsletter, in conjunction with readers, organize anything to help the female readers who are capable of going directly into *dreaming* and might profit from some group projects?

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From Page 1

Although reader's experiences tend to be mild, they indicate an emerging trend of participation.

Issues 40 and 42 of Magical Blend magazine indicate an implied change in the potential relationship between Castaneda readers and Castaneda's group. There seems to be the possibility of joining up with their goals at some level. This view is also supported by reader input to this newsletter. There are reports of workshops and public appearances sponsored by the female warriors of their party.

In addition, there seems to be a growing response in the community at large. The newsletter has received word from a group which meets to discuss Nagualism and share insights and experiences. There may be others. This trend seems to be a result of the recent series of books which go into greater detail in regards to the practices themselves. Many feel there is now sufficient information available to make participation a practical possibility.

In regards to participation there currently seem to be two avenues of approach. There are those who

choose to participate in private, probably constantly ridiculed by those with "common sense". And there are those who have formed their own groups for better or (more often) for worse.

The staff of this newsletter hopes to offer a third possibility. We feel that the availability of information collected and shared freely among readers will provide a base for your own decisions to participate at whatever level you choose. It is not our aim to endorse or encourage your practices. Instead, we encourage you to think carefully about the type of life changes that might occur from your practice. Nagualism produces drastic results that would not appeal to most. We encourage you to report both the good and the bad in your submissions to this newsletter.

This newsletter will report what you submit.

While we do not agree with all printed in this edition of the newsletter we can assure you the input was genuine and the experiences described were not made up. In some cases we have edited or reported submissions rather than printing the original text but you will probably be able to spot these occurrences. We will attempt to keep our own interpretations to a minimum (something proving to

be difficult). We appreciate any suggestions you have for improvement. You may be as blunt as you desire.

Eventually the readership may grow large enough that it does not become possible to include everyone's comments. This is not the case at this time. This newsletter includes the input of all correspondence received up to the time of publishing with the exception of those letters which contained content not directly related to Nagualism.

SEND MORE INFORMATION!

This newsletter will only be successful if a wide variety of experiences is provided by its readers. Please send your stories and insights. Money or stamps are unnecessary.

PLACE

STAMP

HERE



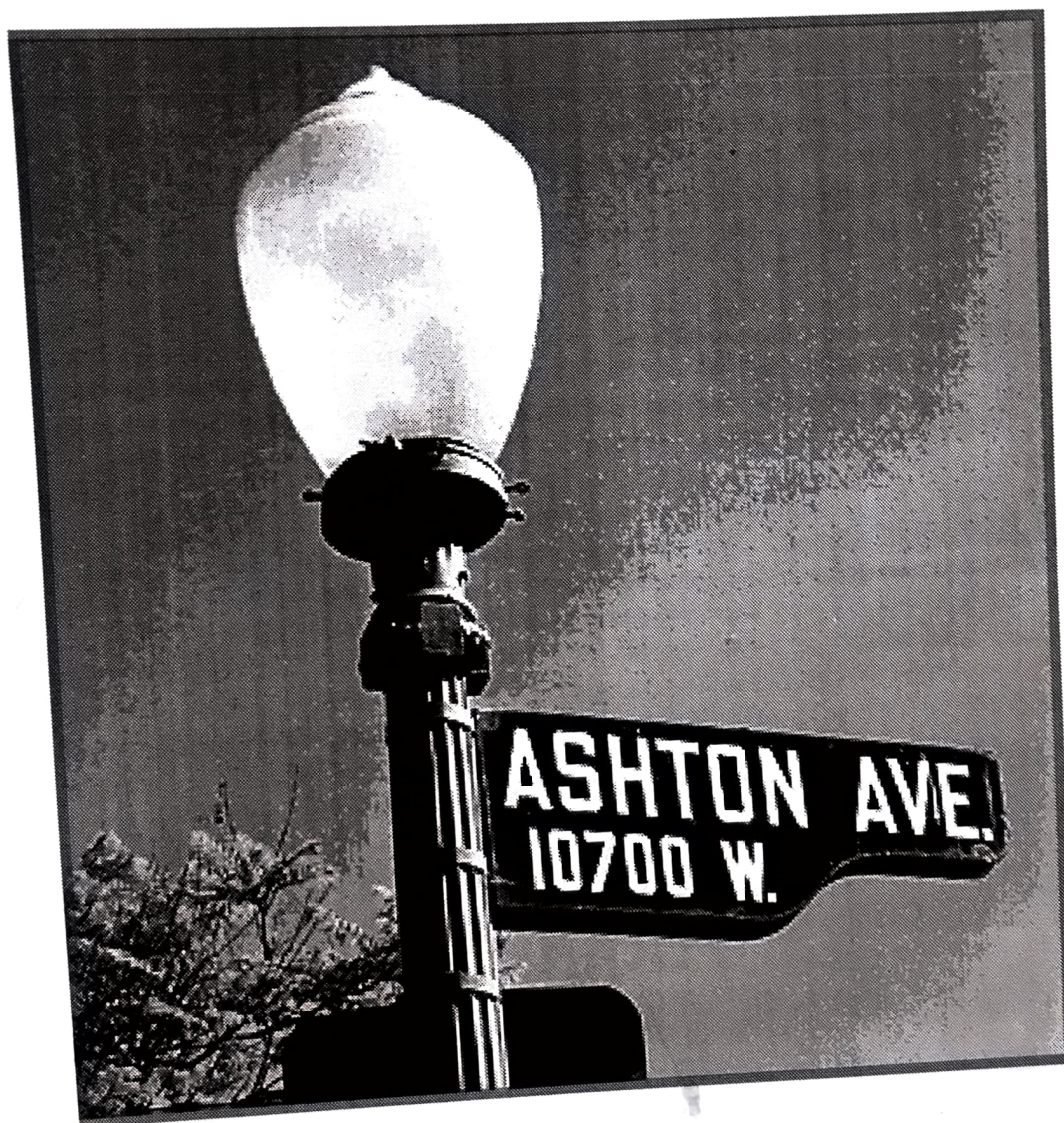
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INFORMATION EXCHANGE

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THE NAGUALIST NEWSLETTER AND OPEN FORUM / **ISSUE 2** AUGUST/SEPTEMBER 1994



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Are we witnessing the rule of the three-pronged Nagual?

"I've said that the new seers believed that the assemblage point can be moved from within. They went one step further and maintained that impeccable men need no one to guide them, that by themselves, through saving their energy, they can do everything that seers do. All they need is a minimal chance, just to be cognizant of the possibilities that seers have unraveled."

*Don Juan,
The Fire from Within
by Carlos Castaneda*

Cover photo refers to The Eagle's Gift, this is probably not the exact signpost, there are more than 10.

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Carlos and his group are giving seminars just about everywhere.

Since Carlos' books first came onto the scene, many readers have tried to adopt their principles in an effort to duplicate the effects of the teachings. Somewhere about the time The Eagle's Gift was released, this was more or less possible since the recapitulation was described in detail. It still didn't seem particularly practical and the number of readers who actually tried the recapitulation was few.

Don Juan has been taunting us for years with his comments about the "new cycle", the lack of a need of a guide, and his lectures about "having to believe". Many have felt that these type of comments were directed at the reader and not at Carlos. After all, why lecture Carlos about having to believe when he was practically tossed off a cliff every other day? That ought to be enough to convince anyone.

Ever since Silvio Manuel was exhilarated on discovering the rule of the three-pronged Nagual, the reader has been left to guess exactly what that rule might entail and whether it had something to do with the "new cycle". There has been every reason to believe it might be a process of increasing the number of lineages. After all, don Juan has emphasized over and over that the people of his lineage never do anything without taking into account every possible outcome. If that's true, then why expose a lot of innocent people

to bits and pieces of the sorcery world with no hope of every joining themselves? Why push Carlos to write the books? He could most certainly have kept himself fed and clothed by teaching anthropology. If the books were carelessly conceived, it would be a cruel mistake.

The more obvious answer (assuming you take the books at face value) is that the books have been lures to build a population of practitioners from which new lines might spring. As the years went by, each book became closer and closer to an actual, practical instruction manual. We have finally arrived at the point where there is not only enough information, but Carlos and group are openly admitting we can join them.

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SHUTTING OFF THE INTERNAL DIALOG.

Reader responses to how they learned and what it feels like.

I find I don't shut off my internal dialogue per se, rather I occupy my attention with something more compelling and it just drops away. I find being able to relax and then to single out items for my perception not ordinarily emphasized or concentrated upon works best for me. ... When I first started, I found gazing at shadows cast by little plants and grass on the ground easiest. You know you're on the right track when all of a sudden the scene in front of you changes and something unrecognizable replaces it. You feel like you're being sucked into, or zooming into another visual landscape. The trick is to sustain this alternative vision, just as the trick in *dreaming* is to maintain a cohesive view of the *dream* landscape you find yourself observing. ... Not-doing is very simple, but very powerful. I find it's effects to be both instant and cumulative.

Source: Otisville, NY

Editor: When you said "zooming", it gave me quite a memory. I once made a very fine plant extract and then proceeded to utilize it's effects by a bit of Not-doing. The piece of ash I was staring at literally turned into an island floating in a sealike void. I was falling towards it from a great height while I heard a sickening buzzing sound all around me. Despite being desperate for experiences at that time, I immediately summoned all I had to stop it. To this day, I wonder what would have happened if I hadn't.

Maintaining the initial decision constitutes concentration.

..I never found the time to do the right way of walking and instead concentrated on shutting off my internal dialog while driving my car. I figured that would amount to more than an hour a day of practice. I noticed slow changes over the years. Eventually I noticed a strange feeling at night looking at the red tail-lights of the cars in front of me. That turned out to be a key for me and I entered a new level of quietness. Sometimes while driving, I would panic from the changes that occurred from not talking to myself. A few times, I almost blacked out. I even worried that my brain might shut down and my heart stop beating. That turned out to be wrong.

It was not pleasant at first, it was hard work and very tense. Eventually it became more natural and it carried over into my entire day. I started to notice strange episodes where an entire conversation or event would flash into my mind as if I had just been transported somewhere and had interacted for many minutes. The actual time lapse was probably only a second. Usually, the memory would fade instantly. One time, I remembered an event clearly. I happened to be looking at my coffee while practicing shutting off my internal dialog. I blacked out and found myself looking at a scene of my coffee with a rainbow over it. I didn't think anything was unusual at the time. The image of some internal organ superimposed over the coffee cup. I *heard* a voice explaining to me that coffee was OK, but I needed to let it completely metabolize before drinking it again. Otherwise, I would harm that organ. While listening, I felt so comfortable and familiar with that voice that I barely noticed it.

Continued next page.

THE ACCIDENT

...[I had] a bicycle accident in the White Mountains of New Hampshire: After wiping out and bouncing off the pavement several times, I came to in a pile of leaves. After I got up, I remember that the other biker I almost hit was there asking me if I was OK.

At the actual time this was going on, I was aware of intense pain and serious ringing in my ears. I was only partially aware that I didn't see the normal person in front of me, but a swirling sort of amorphous cloud of dark light in front of me-it was like something receding from me at tremendous velocity, but still there in front of me. The two colors I remember were a sort of purple and black, in waves that seemed to appear and come out toward me and then get sucked back into the more or less center of the "cloud".

Somehow I "knew" from what I was seeing that this person was absolutely repulsed and wanted very much to get away as soon as possible. It was like fear and something else I didn't understand. I managed to groan out that I would be OK, and he left. I don't remember actually seeing him go, I think I was looking for a place to sit down and collect myself.

It was then I became aware of the fact that whenever I saw sunlight hitting anything, it was not the normal, flat sunlight that I'm used to, it was more rich and golden, and it was like a fog. I thought that if I reached into it, I could pick some up.

About this time, my rational mind kicked in and began telling me that I must have a concussion and that this was a sign of serious head injury. ... As I watched this foggy light, it began to become more intense and then I noticed that all the plants- trees, ferns, grass (no, I wasn't smoking any)- everything was suffused with this foggy light. I noticed that things like the picnic table I managed to stumble to were not permeated with that light, nor was the asphalt of the bike path.

About half a minute (best guess) or so went by as this effect intensified, until it seemed that that was all there was- just this warm, honey gold, mellow foggy light. It was so beautiful, and I began to feel very much like I wanted to just go out and lay down in it and flow out into it, somehow merge with it.

Then I got the most powerful jolt I've ever gotten from myself- it occurred to me, along with an intense anxiety, that I was at some sort of threshold- if I proceeded with the direction I was going, I would die. I felt that so strongly it scared the living hell right out of me. As soon as I felt that I began to see the foggy golden light fade a little and I could see the regular scenery in it.

The weirdest thing about all this is the awesome sadness I felt then. Something in me wanted so much to merge with that light, and when I turned back, the sadness was unfathomable. It lingered until I was nearly back to "normal", and it mostly was gone by the time I collected the parts of my bike and pulled the stick out of my arm that had popped in one spot and out another... It stayed with me very slightly for several days, though, and I've remembered that experience vividly ever since...

Source: Wilbraham, MA

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Continued from previous page.

Another thing I look for, to signal success in shutting off the internal dialog, is "non-sensical" thoughts. These are like complete images with vision and sound that pop into awareness, but don't make any sense and don't share the same units of time. The mind seems to be accustomed to dismissing them instantly and it is difficult to notice them. Yet they are very sharp and vivid.

I got the best practice when The Art of Dreaming came out and I tried pressing rocks between my fingers. This was a more concentrated practice and it developed my concentration. I discovered that the best way for me to completely drown out my internal dialog was to keep starting over. I keep making the initial decision to shut it off. If I make that decision only once and then try to maintain it, I fail. Concentration is, for me, the ability to keep up the decision to shut it off. Using this technique, I developed the ability to fall into sleep within minutes (but not on a predictable basis).

Finally, I believe recapitulating is the best exercise. I believe it cuts out the source of the stray thoughts and reduces the effort one must make to succeed...

Source: Lake Elsinore, CA

Editor: I liked the way this reader used *heard* instead of *heard*. It's more accurate.

NLP?

... with regards to the question about shutting off the internal dialog, I can and do, frequently. The initial starting point for this was in a book entitled "Turtles All the Way Down" by John Grinder. John Grinder is the codeveloper of Neuro Linguistic Programming... In this book, he

refers extensively to Castaneda's work, and gives a lot of information about shutting off the internal dialog. There is a state that is referred to in NLP as "uptime" in which the attention is entirely focused on external input- visually, auditorily, kinesi- thetically, olfactorily & gustatorily. In this condition, it is impossible to have internal dialog. There is no interpretation of experience going on, just perception. Using what I learned from this and other elements of NLP, I can shut off the internal dialog for indefinite periods of time, I believe there have been times where it has been absent for hours...

Source: Wilbraham, MA

Editor: Gustatorily? Yuck! Normally, we don't include submission material that refers to some other doctrine. That's not a judgmental thing, it just seems everyone has spent time in something else while waiting for a chance to join up with Carlos. If we included all references to something else, this would turn into Magical Blend magazine and that market is already covered. In this case, it sounded like a blueprint for the right way of walking. That made it close enough to Nagualism in our eyes. I guess readers are subject to the whim of the staff here when it comes to including stuff like this.

Other topics mentioned by readers are Gurdjieff, Shambala, Seth, Malidoma, Yoga, Zen, Scientology, Christianity, Buddhism, Hinduism, TM, Taoism, Chism, Ayurveda, Caycee, Andrews, and others I've forgotten. And in most cases, the submitting reader believes it to be particularly relevant and worth sharing with other readers. So you can see the problem. I've no doubt there are other ways to learn to shift your assemblage point. I've tried lots of them myself for many, many years. Nagualism takes a lot more effort; you really have to work. I think that the results are worth it.

SAMPLE SORCERY PASS DRAWINGS

Reader input is needed to develop good representations.

A few readers have written that the sorcery passes were emphasized in seminars as a way to harness the energy gathered in the recapitulation. Carlos' group does seem to be emphasizing them, since they are taught at the end of their seminars. This suggests that everyone interested in the recapitulation ought to consider doing the passes, and that instruction beyond that in the books might be needed.

The descriptions in the books are very detailed, but in fact they are not logically exclusive. There are possible conflicting interpretations on what's written. Since most of our readers have not been invited to a seminar, we hope to build visual representations of the information seminar attendees are receiving. We started this project too late in the development of this issue to receive input from readers. To get the ball rolling, we hired an artist to make the representations shown. They are accurate representations of our own interpretation of the text of Taisha's book. They should not be taken as the correct way to do these passes. We suspect that the passes may be like the recapitulation; the *intent* is the important part, the details can be personalized. We hope these sample drawings will stimulate discussion by readers who have seen the actual passes performed. Also, we don't know what should be considered a "sorcery pass" as there are many techniques in The Sorcerers' Crossing and throughout Carlos' books. We hope that readers who have a better understanding will share their knowledge. A large body of practitioners might benefit all of us.

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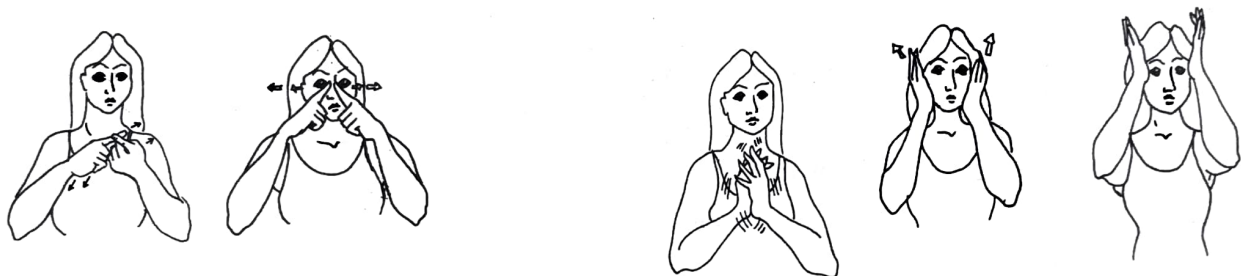
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Sorcery passes from The Sorcerers' Crossing, by Taisha Abelar. Before trying these movements, readers should purchase and read Taisha's book.



From the start of chapter 10. Reader input is needed to answer the following questions: Is the forehead stroked in any particular direction (clockwise/counterclockwise)? Does one flick both hands in the air or only the left? How exactly are the wrist and fingers flicked? Also, anything wrong with the pictures?

From the 3rd page of chapter 10. Reader input is needed to answer the following questions: How is the thumb rubbed (circular, straight)? How long is it rubbed? Does one stroke several times after each thumb rub or only once? Are the hand positions shown here correct?



From the 3rd page of chapter 10. Reader input is needed to answer the following: Is the rubbing shown here correct? Which part of the finger is rubbed? Does one brush a single time per finger rubbing or multiple times? Anything else shown incorrectly?

From the 3rd page of chapter 10. Reader input is needed to answer the following: Is the rubbing shown here correct? Anything else wrong with this representation?



From the 3rd page of chapter 10. Reader input is needed to answer the following: Which part of the finger is used? Any other corrections?

From the 3rd page of chapter 10. Reader input is needed to answer the following: Is this the correct point? How is it pricked?



From the 4th page of chapter 10. Reader input is needed to answer the following: Is the sitting position important? Is this representation correct?

From the 4th page of chapter 10. Reader input is needed to answer the following question: Is this representation correct?



From the 4th page of chapter 10. Reader input is needed to answer the following: Which part of the hand rubs the chin and is the image shown correct?

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RECAPITULATING EXPERIENCES

Would like more info on recapitulating.

I would definitely like support in the practice of the recapitulation! There are many unanswered questions about the practice including the ones you mentioned [in the advertisement for the newsletter]. ... Personal experience with the recapitulation has imbedded a longing to investigate the depth of it. Already I feel gratitude for the clarity and lightness I feel which is directly proportionate to the recapitulation.

Source: Riverside, CA

Editor: The best support we can provide is to point you to the books with the info. The Eagle's Gift, by Carlos Castaneda has some very detailed instructions in the chapter entitled "Florinda". You may notice that the author of the article last month took his instructions from that book. The Sorcerers' Crossing has a lot about it and The Art of Dreaming has a little. The phone interview related by a reader last month had a wealth of good information. Beyond that, the newsletter can't say much. Practicing it is the best way to learn.

My personal interpretation of everything I've seen so far is that the exact details are not that crucial. Pick the instructions you like best and be sure to make a written list.

An interesting note is that the author of last month's article on recapitulating chose not to change his breathing technique even though Taisha implied he might be better off to do the breathless

sweeping breath more often. It was working well for him and he said he enjoyed the additional oxygen. He said he'll do another in a tree when he's done and increase the sweeping breaths. It all boils down to this: you are the captain of your own ship.

Not a visual kind of guy.

I don't think of myself as a visually oriented person. In NLP jargon I'd be classified as auditorally centered. However, recapitulation is more than just imageless thoughts. A certain amount of interior images are involved, the quality of which varies. Why we can clearly visualize certain events and can't even remember others is unclear, it's probably something to do with emotional intensity.

Source: Otisville, NY

Unsolicited advice.

... Mostly I *think* about scenes being recapitulated, but at times I actually visualize and experience some of the past feelings and sensations. I have not yet learned to shut off my internal dialogue.

Source: Little Rock, AR

Editor: It's certainly not my place to give advice, so don't consider this as such. Think of it as one teenager telling another about a new drug high.

It's worth the effort to get concentrated practice shutting off the internal dialog. Recapitulating builds energy, *stalking* helps us keep it and find more, *dreaming* expands our horizons, but shutting off the internal dialog *triggers* things. Without it, it's like having a bank account without a teller card. Besides, it's easy to

learn, just do it all day long. It doesn't interfere with other activities very much.

Electric shocks.

...I have had dreams of cells. Or what appeared as cellular activity. Also, I'd like to hear if any readers have experienced electric shocks thru the body and buzzing in the ears during recapitulation. An out-of-body experience usually follows these effects for me. I know I'm rambling a bit here, but it's hard to express in words what comes to me in symbols during *dreaming* and recapitulation. I have a feeling that all outer events are the "tip of the iceberg" of inner events. Maybe your readers can provide some insight on similar experiences...

Source: Represa, CA

Editor: There have been mentions of electric shocks during *dreaming*, but so far not during recapitulating.

Has a crate.

...I have been into the teachings since 1971 when I began reading the books - awaiting patiently or not so patiently, for each new transmission. I have been guided to reread all of the books - as well as the women's books - and it has turned up the volume tenfold - I have a crate to recapitulate in - I have the beginnings of the list & also, I have spent some time working at the recapitulating of all past lovers. This has been a difficult task, and I feel in many ways, that I have just taken the first run at the process. I would Love to hear from others in the same vein. And I too have questions... Have any of you found other people who fit the rule in any way - or who want to live in the configuration of a warrior's party of sorcerers?

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What are your *dreaming* experiences?
And have you ever *seen* humans as luminous eggs?...

Source: Seattle, WA

Editor: Some of your questions are easy to answer: I believe that everyone reading this newsletter (for the most part) would like to be a part of a real Nagual's party. A few readers say they already are. This month there is a Marilyn Tunnestende claiming to have taken over Pablito's party after Carlos left. There are lots of *dreaming* experiences detailed in each newsletter (my personal favorites). *Seeing* energy takes a lot of energy when you have no Nagual to borrow it from. Readers sometimes accidentally *see* things like this, but no one claims to be sure. I think that about a year or two from now we'll have lots of reports of this. I hope you are the very first. Keep writing in!

Pieces in living color.

... As for how clearly I can see the scenes in recapitulation: Internal visualization is strong for me, and after about five or so minutes of breathing and focusing the mind, I can recreate the scene in *most* recap topics within a few seconds. In some, the actual scene is more or less indistinct, but the person or persons concerned are clear, sharp and bright. In others, I find that it is an insignificant piece of the background scenery (a picture on the wall, for example) that is sharp and well defined, but it is the voices and sounds that are more heavily loaded with energy, and as I breathe, the sounds begin to fade as the visual imagery begins to fill in with more detail...

Source: Wilbraham, MA

The voice of effort.

... I feel that recapitulating for short lengths of time is not effective. One must lose oneself in the memories of those involved, and an emotional response is necessary to initiate any true insights. Twenty minutes is in most cases only a reverie, and not as forceful as a longer period of time. However I must add that this may vary with the individual.

... There must be a deep emotional response in order to cleanse the inner self of the effects that have clung to us as a result of our interaction with others. This cleansing for whatever length of time, must have as a by product a deep emotional release...

Source: VA. Beach, VA

Sleepless dreaming.

...Another benefit of longer [recapitulating] times is the tendency to enter into the second attention. I'm not talking about *seeing* the scene, it's something else. I'd describe it as "sleepless *dreaming*". I don't know if it's something all recapitulators experience. It's very strange, I liken it to the descriptions of the third attention in the Eagle's Gift. The *dreaming* is bathed in something that is both light and wind, and is vaguely conscious. The *dream* is for viewing, not something one steps into. Most of the *dream* is incomprehensible on returning to normal. For me, it seems to come only during the longer sessions. I can't imagine what Taisha must have experienced by recapitulating for six hours a day!

Source: Withheld by request

Editor: "Sleepless *dreaming*" sounds like "*dreaming* awake".

MEN VS. WOMEN

The women of Carlos' party have spoken about the male tendency to cone towards knowledge versus the female ability to take it in directly, as into a funnel. Being male, I keep picturing a dunce cap on my head.

This view seems to be supported by the letter submissions. Most of the men are fanatics and are proud of the fact that they have read each of the books many times. Some are interested in the first three books and view this as a search for "power". Others, having analyzed all of the books, are trying to keep an "open mind". Most of the men can rattle off, from memory, the details of each book. Given an event, they can probably state the book in which it occurred and in some cases even the general page number. It kind of makes one think we should add the stories from the books to our recapitulation list. Despite having invested a great deal of their time, most men admit to serious doubts.

The women on the other hand, have rarely mentioned reading all of the books. Many indicate they were bored reading Carlos' books and imply they were unable to finish them. They all rave about the female members' books. They are unlikely (so far) to respond a second time with input to the newsletter. They have fewer doubts, but they wonder if it's worth their time.

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TIDBITS FROM TAISHA

Highlights from a discussion at the East/West Bookstore in Menlo Park, CA on Jan. 7, 1994.

1. The human egg extends at about an arm's length around the entire body. The assemblage point is at arms length directly behind the shoulder blades.

2. Next book will be called "Stalking With the Double".

3. Definition of "Discipline", as used by a sorcerer: unbending hooking to a purpose. Only unbending intent can cure one of the indulgences of the ego.

4. The warrior's path is a quest for freedom. On the path he:

a. Accepts the fact that he is mortal;

b. assumes responsibility for perception. The warrior discovers that the assemblage point was given to him by the world, and learns to let the light of awareness shine on the other filaments available to him. The warrior uses discipline to move energy, by taking away the energy used to maintain the social order.

c. The warrior pays his debts. The warrior gives unconditional love so he knows that the world owes him nothing. He pays his debts so as to unravel his attachments to the world.

The Edifice is supported by three cornerstones: one's appearance, one's sexual needs and personal importance:

a. Our appearance - We all have our roles in society. The warrior only cares about how he is living his life (the quality).

b. Our biological need to reproduce and to be a part of a family unit - The true warrior needs to be truly alone. The warrior needs to learn to maintain silence to allow the world to collapse. The "warrior's affection" transcends the ordi-

nary love of the world. The stalker learns to give a warrior's affection while being ruthlessly indifferent.

c. Self-importance - undermines our ability to experience life. Playing the martyr or the victim are also forms of self-importance. You are not more or less important than anyone else. Self-importance is devised by the social order to act as a reward to individuals to help maintain the social order.

The idea of discipline, to most, implies following a specific ritual. But to the stalker it is the same as Intent. There is something termed the Selector which can be thought of as a big needle in the sky, able to shift to bring different things in the world to us. It shifts by the power of inner movement, by Intent. The work of stalkers is to create cognitive dissonances, which allow the assemblage point to move of its own. Pressure must be kept up to keep the assemblage point from shifting back. Sometimes one can feel the "shuddering of the assemblage point", but there is nothing to fear if one's intent is unbending. The Selector is also called Spirit.

The discipline of the Stalker is to remain fluid. Upon mastery of stalking, one becomes a master of controlled folly. Then one's life becomes a life of beauty and strength.

In answer to some questions:

By becoming free from the various roles she played in her life she became in touch with the fact she is nothing more than a phantom. For her the sorcerer's quest is to maintain the awareness of the assemblage point, even after death.

After the talk described above (which the reader notes are just the points he jotted down according to his own interests), this reader spoke informally with Taisha and two other students and reports the following:

1. In response to a question about how one could become an apprentice, she said that it is just as hard for the party to find new persons to bring in. First they must be guided to find someone by Intent (that is, Intent selects them) and secondly very few people are really willing to give themselves up to such a long commitment.

2. She said the most important thing one could do was the recapitulation - devotedly - for a

year or two. Then one might be ready to undertake the path of sorcery.

3. In response to the "breathing questions" she said that the book just explained how she learned it, and that different variations were fine.

4. It became clear to me that the stalking work we were doing, including the recapitulation, was essentially the same.

Source: Davis, CA

Editor: This reader has described his own Nagual leader in a previous letter which he requested not be published. Readers shouldn't feel left out, the important thing to know is that Nagualism may not be as rare as we all thought. His leader sounds very real. He fits into don Juan's descriptions of early new seers who emphasized love instead of fear. His techniques are not exactly the same, but there is more in common than not. This reader gave permission to mention the following:

They have several groups that meet weekly to do recapitulation in a group lying on the floor, with their hands near, radiating out in a circle. They also have 2 dream groups - but this is very powerful work and he doesn't believe anyone should go past the most preliminary dream exercises without the guidance of an experienced teacher. They have a group of 24 dreamers that meet once a month to do 2 all night dreaming mitotes (in a row) with their Nagual. The results are phenomenal. The group is closed until next year.

One of these groups is in Sacramento, Ca. He has offered to allow the newsletter to include his name as a contact. This isn't an invitation to join up with his Nagual, his Nagual is bound by the Spirit. It wasn't clear if the newsletter could print his address. Since the newsletter is distributed all over the world, he might have regrets if we were to do that. Next issue there will be a special column for personal contacts. His address will be there if he approves it.

This reader has also volunteered more input to the newsletter. We believe that could be very interesting. In particular, the staff here wants to know if his Nagual's final goal is to take the body and leave this world, if the dreaming mitotes produce reliable dreaming together, what kind of a role power plants play (he states they are not used in the dreaming mitotes) in his Nagual's instruction, and whether his Nagual shares the exact same view of the assemblage point and of other complete worlds.

Thanks a lot for the comments from Taisha! That's the kind of input we all look forward to.

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ORGANIZING A RECAPITULATION LIST

Tips one reader feels are worth passing along.

There is no better way to learn about recapitulating than by recapitulating. It produces all of the promised benefits, and those benefits in turn teach one how to recapitulate even better.

When I first started, I worried that my list wasn't complete enough. It had approximately 1,500 entries, but I was sure I had missed a lot. After recapitulating for 1 - 2 years (I've lost track of it), I now believe that missing events on the initial list is inevitable. It's important to remember everything you can, but there is no possibility of getting everything. As I recapitulated, I remembered enough new events and people to double the size of my list.

Don Juan once said that the first recapitulation was basically just a review of events that stand out in the most obvious manner. I don't feel that should be taken as a license to be careless. It's important to start out with everything you can remember. The recapitulation uses *Intent*.

I discovered, through recapitulating, that the additional events recalled during recapitulation are of a different nature than those remembered while making the list. Often, I would just let myself go on a particular topic and not refer back to the list of items under that heading. I would recapitulate that topic for hours, discovering so many events not on my initial list, that I assumed I had covered everything. Yet, when I was done and could not recall anything else, I would refer back to my original list and find additional events I had not remembered during recapitulation. I now believe that memory outside recapitulation is like a bird's eye view. It allows you to peg general locations from which you can investigate. Memory inside is narrow and lets you follow an event to those touching it. A complete list is necessary to cover the field, but one need not worry excessively about forgotten events.

If I were to start over again I would be more careful organizing the list in the first place. There's no reason to rush to start something that's likely going to take a couple of years. Nothing is going to happen overnight.

I learned the most about organizing the list after my recollecting took on a new depth: after about 8 months. I knew there was a difference because the additional events I remembered tickled & surprised me. Most of what I learned was about places; I'm still lacking with people. Here is a summary of what I learned:

1. The list tends to be so large that some topics are accidentally put into the wrong location. For instance, there might be a restaurant next to a store and by accident the restaurant is put later in the list. It's important to keep relative places or events together. That's because it's disturbing to switch locations or events too often during recapitulation. Staying with one place or feeling fosters deeper recapitulation and triggers more memories.

In fact, after finishing a location with many memories, it's possible to enter a vague state of *dreaming* where one can scan the landscape for unexplored feelings and "follow" them to a new memory. All you have to do to accomplish this is visualize some area from that topic and "walk" around in your thoughts. It doesn't matter if you have a full fledged dream view of the scenery or you are merely thinking about it. Just look for any type of feeling which you don't know the source of and follow it to a memory. These memories, deeply hidden, are thrilling to uncover. Discovering these tended to make me *burst* from the recapitulation crate with a happy, tingly feeling and my *dreaming* always changed following a lot of these discoveries.

Using this technique, I uncovered the memory of some reoccurring dreams from my childhood. I believe it's a good idea to recapitulate these too. Another time, I saw an orange pink band of light sticking out of a wall in a shopping center. I was recapitulating. The band of light, as bright as if I were looking at a real flame in the dark, gave me a feeling of guilt, worry, and physical pressure. I couldn't trace the band of light to its source; the wall was blocking it. After waiting for a couple of minutes, I decided to breathe in the band and exhale anything that came out. The result was a vision of beams of light criss-crossing my eyes.

2. There are cases where one can put an event or place in either of two categories. For instance, my mother took me to a particular shoe store often. I discovered, through recapitulating, that my mother was quite a flirt and enjoyed the salesman in that store. Thus the store could have gone under the Mom heading or under the heading of that shopping center. In such cases, consider which category would trigger more associated memories. In this case, I already had the shopping center to trigger finding more in that area. I put the shoe store in the Mom heading so that I could examine her flirting, and this caused me to remember a drug store on the other end of town.

3. If you have two complicated or perplexing events to recapitulate, don't put them back to back on the list. Give yourself some type of a break in between. It makes recapitulating more pleasant. I don't mean to suggest indulging to protect yourself. Just break it up a little so there is light at the end of the tunnel. It reminds me of the time I discovered that my dog was happier if I didn't keep filling her food bowl as she ate. She liked the feeling of finishing all of the food. It depressed her that I kept filling the bowl and there was no possibility of finishing it all. She ate less as a result.

4. Think **category**. Example: you will likely have lots of tiny memories from childhood such as a fort, favorite toys, hiding places, games. Don't write them down helter skelter going backwards in time. Put the toys together, the games together, the hiding places together. Doing this will surely help you discover ones you've forgotten. And you won't have to refer to your list every 10 minutes.

In the final analysis, the main thing is to recapitulate faithfully. Then you'll uncover your own secrets.

A VERY SHORT STORY

After Reading All Her Books

I wrote to Florinda Donner, and she was kind enough to write back.

The End

Source: Hazleton, PA

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A SHORT STORY

I woke up cold. I was not cold enough to do anything about it, but it was unpleasant. There was quite a breeze blowing across my legs. With my eyes shut, I followed the long path the air was taking. I remembered I had left the air conditioner on again.

I was awake, but I couldn't move. It was not an unusual occurrence. I had learned from painful experience that trying to move in this condition was futile and unpleasant. I decided to go back to sleep.

The breeze increased. Now it was blowing from my feet to my head. The wind started to howl as it sped past my ears. I realized that the air conditioner wasn't powerful enough to cause 40 mile an hour winds in my bedroom! The back wall of my room had disappeared. The wind was so furious that I began to feel a presence in it. Something dark and ancient was coming into the room, something not quite evil, but so fierce it didn't make any difference.

I decide to try to get up. I didn't want to meet up with anything like that. My leg slid a bit on the bed. The ease of the movement surprised me. I'd expected a horrible, tingling, electrified pain. That gave me the courage to try to move my arm, but I couldn't connect my volition with it. The punishment followed quickly. Agony echoed between my feelings and my body. It wasn't pain, it was much worse.

I struggled to raise my shoulder a few inches. The wind increased in fury. My skin began to crawl; something was here.

Don't panic, I knew that was the key. I realized I was hungry, was In-N-Out burger still open? When had I gone to bed? Dazed, I blacked out and found myself staggering down the hall. I turned off the air conditioner. In-N-Out burger was still open.

Source: Corona, CA

DREAMING EXPERIENCES

Still Knocking...

The mysterious apartment door knocker is still at it in Corona. The reader in question supplied this month's short story. His apartment was knocked on again during his *dreaming*, but no one was there. He wants to know if anyone else has felt presences and what they think it might be. He lists the following as possible: 1. Nothing at all but a normal dream, 2. The inorganic beings hanging around, 3. Panic caused by an increased energy level, 4. His own Nagual being sensed by his Tonal, 5. Nicotine poisoning, 6. A serious need to finish his recapitulation.

I believe he left out, 7. Demons from hell trying to take over his body. If we could think of another three, we could send it to Letterman for a top 10 list.

At any rate, I would have to say that none of us has a clue. But the newsletter does seem to be fun to read, so maybe we can all speculate. Anyone with possible insight on this?

Here's my own feeble explanation for the short story: The wind indicates his energy body coming out because don Juan said it was always heralded by wind. The presence he sensed (he said ancient, it was described that way by don Juan too), is his energy body. He could move his leg easily because it emerged from there (one of the women's books talks about openings in the lower leg). He couldn't move the rest of his body because his attention was on his energy body. That didn't move because it hasn't fully emerged yet. As an experiment, he might try moving only his leg as much as pos-

sible. Maybe next time he could slide out in some weird fashion. This of course doesn't explain the knocking on his apartment door. I haven't even a feeble explanation for that. Hopefully, some readers will feel like speculating.

Source: Corona, CA

Hitting pay dirt.

Before recapitulating, I tried desperately to hold onto any *dreaming* I got into. I discovered a lot about this and thought it was important. Recapitulating has changed my mind. I now think that it isn't too important. I am writing about this just because you asked [in the last newsletter].

My technique was based on the discovery that my sense of sight was the first to go. When the *dream* began to fade, I learned to stoop and grab anything I could find; for instance dirt. I would roll that around in my hands. As long as I felt dirt, my *dreaming* wasn't over even if the scene faded completely away. I learned from this to go back into the *dream*. Mostly, I learned how little we can trust our own sense of what is a dream and what is not. Sometimes I found myself cursing having woken up from *dreaming*, only to realize seconds later that I still had the dirt in my hand! The technique then, is to keep feeling the dirt and visualize anything last seen before the *dream* faded.

In answer to your second question [barriers to the initial realization], my big problem is not wanting to let go of the dream I'm having at the time. I always seem to know I'm in a dream. I even tell figures in my dreams that it's just a dream. I just don't want to stop the "important" things I'm doing. Once I do give up, my clarity increases until I fully realize I'm *dreaming*. A common mistake I make that causes me to lose it again is to do

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something that draws me back into the dream. For instance, last week I came across a shelf of china and couldn't resist the urge to smash a bunch of it on the floor. I reasoned that it was just *dreaming*. The owners of the china did not agree. A big fight ensued and I decided to kill all of them quickly to avoid trouble. My *dreaming* ego is very violent. I still can't remember how that *dream* ended, so obviously I re-entered a normal dream. Rule #1 for me now; tread lightly.

Source: Riverside, CA

Starts with a voice.

It has been my experience that dream images or events don't fade, they change chaotically. Hence, the technique of isolating one particular item to return to (your hands) when your cohesion begins to falter. I find that the realization that I'm *dreaming* takes the form of a peculiar internal dialog (?) in which I (?) begin to coach myself to look only in fleeting glances at things and then return to my hands to refresh my attention. Interestingly, I've found that in other non-ordinary states of perception the truly remarkable experiences are always ushered in by particularly poignant internal dialogues (?) about perception in general. What this means I don't know, we're very strange animals. I suspect this may be the voice of *seeing*.

Source: Otisville, NY

Hog farming in NC.

...I live in a mobile home, and the center bedroom in my mobile home is very small. Just big enough for a small bed. The room in fact is like a box. When I close the door and pull the curtains tight, very little light comes through even during the day. I find that I dream the best

around two or three in the afternoon. One day I laid down when suddenly I began to have a dream that I was out in my front yard. In the dream I was standing on top of a pole. I remember that a voice was telling me to jump off the top of it. I was afraid to do it. I then took out a tape measure in order to measure the distance from the top of the pole to the ground. It measured 4'5". I heard a voice saying jump, I remember saying I was scared. The voice told me to jump to the pine trees that were in the front yard. I finally did. I was told at that time to use my fibers to jump from tree to tree. This created a very odd sensation. I was unable to see any type of fibers, but I did feel as if I were a magnet being pulled to the trunk of the pine tree. Once I got to the pine, I jumped to the next one with the same ease.

Suddenly, I was totally air borne, and started doing flips in the air. During this time I was totally aware of what I was doing; it was very exciting! I finally landed and I began to walk to the mailbox which is on the side of the road. Once I got to the mailbox I took out a letter. I noticed that beside my mailbox was a smaller mailbox. It was about a foot tall, and looked as if it had been carved from a piece of wood. My total attention was put on this smaller mailbox. I thought that it was very strange. I then began to walk back to my mobile home. As I did I noticed that in the back lot behind my home my Dad was down there. He and my uncle were building a pin to put hogs in. (My dad used to raise livestock). Anyway in the dream I got upset, and said I wished that he wouldn't get back into that business. Then suddenly I woke up. I was filled with excitement. I got up and walked out into the front yard. Outside in the front yard is a tree stump from a pine tree that my parents took down. The stump is huge, and I knew that that was what I had been on in my dream. I measured it and it was four feet high. Close enough I think. Then I walked to the

mailbox. There was a letter in the box, now get this, it was from a live stock market, informing my dad that there was going to be a selling in the near future...

Source: New Bern, NC

Editor: This reader wrote a great deal. I selected this dream because it showed some overlap between the dream world and the real world. He thought the small mailbox might have been a scout. Besides this experience, he seems to *dream* of seeing his own body. He floats in the vicinity, observing it. He also encounters a lot of black people in his dreams and wonders if they're scouts. At the risk of being politically incorrect, if I encountered a statistical skew in the racial mix of my dreams, I'd be spooked too. I guess it's good he didn't encounter a lot of American Indians or he'd really be wondering! Unfortunately, whatever you look for in *dreaming* is likely to show up, so we can't ask other readers to look. I had no trouble at all finding newsletters, once I remembered to look for them. When you arrive at the second gate, your question will be answered anyway. In the meantime, I guess you could go around pointing your little finger at black people.

Stephen's toys.

My *dreaming* is sporadic at best. I have been working with lucid dream induction techniques and devices (Stephen LaBerge, Lucidity Institute) for some time, as well as utilizing procedures outlined by Carlos & Florinda in the books. I have had some interesting results with the "Novadreamer", a device that signals with LED's and sounds in a mask, when I'm in REM sleep. Nine times out of ten when the que is detected, it just gets incorporated in the dream.

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Continued from last page.

Several times, though, I have become conscious in the dream, and I find that I'm so excited and amazed when I realize I'm in the dream, knowing I'm *dreaming*, and marveling at how "real" it all seems, that I often get swept back up in the dream. I've been recapitulating more frequently of late, and I haven't had a single dream of any significance since I got back into it at this level.

As for when *dreaming* is best, I find the following to make a difference: Afternoon naps, when it is uncomfortably warm and the room is indirectly lit with sun, produce, for me, a drowsy, in and out sort of sleep that almost always results in vivid and hi-in-lucidity-producing quality of dreams. I also have found that a strange bed or camping can increase the probability of going lucid.

Source: Wilbraham, MA

Editor: I take a sort of perverse pleasure in disliking Stephen LaBerge. There really isn't a good reason, I just enjoy disliking him. Still, I have always wondered about his devices and I am very happy to have a reader report on one of them. There is one thing I didn't understand though. You said "9 times out of 10". My understanding is that REM occurs many times a night. Does that mean the device triggers *dreaming* every night? If not, then the count must be more like 999 times out of 1000. I think some pebbles from the river would work better and you wouldn't owe Stephen a debt of gratitude.

Yikes, was that fun!

The last four years I have been experiencing in my dreams, a force that I found to be completely terrifying.

Inevitably I would wake up sweating and checking to see if I was still alive, barely escaping the pull of what I call "THE ENERGY"... About three months ago I met with "the energy" again, I decided to not wake up, but to meet the challenge of finding out what this was all about.

My body took on this sensation of being overpowered by this force that felt like a combination of an electric current and 60 mph winds passing continuously through my body. Then these arms came out of the headboard of my bed. They were large hairy arms, like a guerrilla's, and they began to throw me from one end of the bed to the other. I had the feeling I was totally at the mercy of whatever this was, but I wasn't afraid even though I had no control of the situation. I awoke with the most exhilarating feeling I've had in a while.

Then about a week later I met with "the energy" again. The same sequence started again. I laid in bed asleep, then this "current" began taking over my body. This time my body started convulsing by itself, involuntarily. Soon I found myself flopping on the floor next to my bed like a fish out of water; from my back to my stomach my head and feet changing places. Then in the next instant I was looking at myself sleeping in my usually "mock" fetus position. Then I would be back on the floor with the same convulsory actions.

Once again I was in bed, only this time I was just outside my body witnessing the body from the floor merging with the body sleeping. At that instant I felt that the body with "the energy" moving through it was the *dreaming* body.

I willed the *dreaming* body to leave the sleeping body and I witnessed the *dreaming* body lift up and look down at my sleeping body. I tried to will myself to rise to the ceiling, but I could only get myself to rise a couple of feet out of my

sleeping body. Then I went back to my body and lay there feeling that incredible force going through me.

I remember saying to myself, I'm having a "Lucid Dream", willing the intention to see my hands. They unbelievably appeared. They looked like my hands only for a second, then my fingers turned black and each finger was about a foot long and looked like lobster claws. I was looking at these huge, "crusty"-feeling black claw hands, fanning the left hand in front of the right hand, the right hand in front of the left hand. After this display I became so excited that I woke up, and I truly felt a sense of being so relaxed, but so aware at the same time...

Source: Laytonville, CA

Editor: After this hair-raising episode, this reader says it went to his head and the result was no more experiences. He's waiting for more fun.

I'd like to add that images like the hairy guerrilla's arms are surprisingly common. I believe that our own interpreting mechanisms come up with these things when faced with unexplainable input. This is where recapitulating and reading Carlos' clan's books can help. The recapitulating reduces the tension of the interpretations and the books help us to come up with new explanations. Otherwise we are left with the Boogeyman.

Halfway...

... On many occasions I have experienced dreams where I stated things like "well, this is just a dream, so I'll..." but it was part of the dream, as opposed to an actual bridging of waking consciousness into the dream. These serve as a true frustration for me upon remembering them the next morning...

Source: Wilbraham, MA

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AVALANCHE OF INFO FROM CARLOS

Sell your soul to the devil, live 5 billion years.

Just as I thought the second issue was done and I could go back to watching TV reruns, a reader sent in the following lecture notes. They were so interesting that we added four pages to the newsletter. As a result, the newsletter was mailed a few days late. No one on staff wanted to make readers wait until the next issue.

To set the stage, we start this column out with the letter of the reader who sent the notes. The portions of the letter which are not printed (...) are just the usual introductory remarks like "you can print this", etc. Following the letter is an exact copy of the notes sent in by the reader. The italics and special emphasis marks are as specified by the reader; we assume these point out ideas emphasized by Carlos himself. Note that the Phoenix Bookstore is where Carol Tiggs is said to have materialized after her 10 year absence and may explain Carlos' debt.

Dear Editors,

... I am enclosing the notes I took for three of the four lectures Carlos Castaneda gave in Los Angeles last year. I was not able to attend the third lecture, which I understand was mostly questions and answers. He did not charge for these lectures, although a fee was paid to the bookstore's owner, to whom Carlos felt indebted...

He discouraged the audience from taking notes but I did. The main themes which he emphasized most were: the need for recapitulation, using *intent*, how self-importance saps our energy, using death, not using drugs. Some of these will probably not be that clear to you: some are not that clear to me.

I have been recapitulating in a cardboard box that was used to pack a washing machine. I think that calling to intent, aloud, is very powerful, "Intent, I want to be responsible for the fact that I'm going to die."...

...I am interested in seeing how Don Juan's teachings overlap other teachings, such as Brain Swimme's, a cosmologist, who writes that our consciousness feeds the universe.

Source: Seattle, WA

CARLOS CASTANEDA - LECTURE #1

Purpose of lecture series: paying debt to Phoenix Store,

Discussion of the term "Sorcery". CC does not like that term, prefers "Nagualism".

Definition of nagual: double charged person, has more resources. Nagual requires discontinuity (being cut off from source of psychological continuity) for training.

Too much energy is used in the defense of the presentation of self in everyday life. In order to become aware of factors we are defending, do recapitulation.

DJ said that everyone had a trick or a hinge in his/her presentation of self. For a long time now that trick has been "poor baby". Much energy is expended in presenting and defending the self as feeling self-important and deprived.

Wasted energy in looking for a companion. The false belief that a mate will lead to fulfillment. "We don't know how to give love. We only want to receive."

** Warriors love life and the beyond without expectations of return.

We accept the idea of self-importance without examination. There is no uniqueness. We all express the same needs. (Story of CC listening to psych. tapes and identifying with them all). Need for recapitulation to lose self-importance.

We get this idea of self-importance from the social order. The social order is not interested in the individual. It is leading us to our destruction. Turning us into repetitious idiots, teaching us to feel sorry for ourselves. "I need you. I love you" mantra. *The social order does not supply us with meaning or purpose.* However, the social order keeps us from experiencing discontinuity and dissonance. The world is predictable when you leave lots out.

Our flaw: We have no purpose. Without purpose, there is no gain. We need purpose.

Recapitulation helps us drop self-importance in the presentation of self.

You don't need a guide. You only need energy. Energy is supplied by unbiased examination.

Anti-dope message: Drugs make you incapable of sustaining pressure. CC was given * drugs to enhance his concentration, not for pleasure or gratification. *Even mentions prozac.*

Discipline: develops warriorship. Warrior is someone who asks for freedom. Freedom is taking your awareness into the inconceivable. Our heritage is to be free. We are travelers. Must fulfill our fate by becoming warriors. Discipline is the only deterrent to social order. What is discipline? Not compulsive schedule. It means being fluid, reasonable, demanding, and continuing with unbiased examination of self 24 hours/day.

To be a warrior:

1- Accept responsibility: Accept that s/he will die—in humbleness. This is not open to negotiation. Look in the mirror in the middle of night, look at the being who is going to die. Ask, What are you doing? What is the sum total of your actions?

2- Forget understanding things. Don't ask why. There is no rational explanation. Since when have we been able to understand any of this around us. Nothing can be explained.

3- Yell intent. Name what we want: "I want to be responsible for the fact that I'm going to die." There is an impersonal force in the universe which obeys our calling. Say it out loud: "I want to accept the fact that I'm going to die." Our voice carries tremendous power. Our word is final. We will begin to see subtle changes. Words cannot be explained; should be called "index."

4- Recapitulation: Make list, recall events. "Cloak of confidence" is developed by recapitulation.

5- Take discarded stimuli and make a world. The world of common sense is not the only possible world.

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6- Indebtedness: If you receive something, you are indebted. Accept responsibility for indebtedness. *You are indebted to the world and to the spirit* (something inconceivable that sustains us). Payment for service is freeing.

Stories about CC searching out other gurus after his left world. His search was very discouraging. He found only "merchants of God." Teachers should not charge for their teachings: they should work from 8 to 5. Their interest was in accumulating wealth.

We only take a cursory look at the world. Interpretation follows. Interpretation is inherited. We go thru life interpreting.

Where is the world taking place? In us. Answers have been constructed. We have been led to accept these answers. We should examine, not interpret.

Defining the universe is magic.
Voice responsibility for perceiving: Yell, "I am a human being. Therefore, I am sublime." Our fate is to be perceivers. It is cowardly to hide behind ideas. The world should be fabricated based on the fact that we will die.

TV- Teaches us complaining. Everyone complains on TV: "poor baby".

What do we have to look forward to? Senility. Story of old person yelling in restaurant, "Nurse, I need some more ketchup."

Disease is indulging. Voice your intent to become someone else.

Bladerunner movie quote: I have perceived inconceivable worlds.

CARLOS CASTANEDA - LECTURE #2

Don Juan did not believe that man was evil. However, he did see man as a sad creature. He said that warriors could identify with man but that they should not feel sorry for him because that implies an attitude of "being better."

Energy

By saving enough energy, you can see energy--- seeing not with the eyes. Energy is visible at a level that is incomprehensible. We are seeing energy now but we don't know it because our awareness is not aware.

Not-doing

Cognitive dissonance (which is produced by not-doing) helps the warrior suspend judgment. S/he needs moments of doubt. By not-doing, warriors realize that the world is an arrangement.

Ex: tying shoe laces in a different way

Ex: "album of sublime moments" - moments that require exquisite care (alcoholic-operatic-singer-barber singing when CC was ten years old) (hearing a Mexican poem---Nagual rides the top of the wave).

It is time for us to get out of the "brain of the beast" (that part of us which is extravagantly repetitious, all of our routines). Search for companionship is primordial. People who pour all their energy into companionship are wasting energy. Without the search for a partner, the person would have an enormous amount of energy.

The brain of the beast stops us from *seeing* although we think we're great. A warrior needs to examine every sense of superiority.

Dreamer

Sees herself as something indescribable, indefinable.

Warrior sees everything as a challenge. Only as warriors can we become what we really are. We deny our true nature. DJ had to destroy the egomaniacal CC. When your assemblage point shifts, person changes. "Claim your destiny."

Dreams

Dreams can be used as a springboard into infinity. Dreams are trap doors: Your awareness goes through one way and awareness from infinity comes in the other way.

Assemblage point

Assemblage point determines where perception takes place. It is located behind right shoulder at arms length. When A.P. is displaced, new world perceived.

In sleep, assemblage point is displaced. The farther the displacement, the more terrifying the dream. It is terrifying because there is no order. If dreaming is seen as a challenge (a formal enterprise) demoniacal expressions will disappear. Discipline is required so that dreams do not upset our balance. Accept maintaining balance as a challenge.

Dreaming

In *dreaming* one must maintain the assemblage point fixed in the same position. At first, the results are chaotic but then we organize the new world into new categories.

Dreaming can be very exciting. Can't wait to go to sleep. *Dreaming* can take only a few minutes; the rest is normal sleep. *Dreaming* makes you stronger and revitalized.

There are seven entrances to dreaming. Each implies a different world.

1st step: become aware of falling asleep. You really want to become aware of the elements present in your dreams. Take short glances so that the dream doesn't change. You lie to your mind by saying "I want to become aware that I'm falling asleep." But your real purpose is to examine every element of ordinary dream.

Say, "I am a dreamer". Use intent from the position of a being who is going to die. (If you don't do this from the position of knowing you will die, what are you saving yourself for? Senility? Once you voice intent, energy will pull the dreamer. Intent must be simple and humble, as a person who is going to die.

Something is keeping us from realizing how bad off we are. We are not in the best of all possible worlds, in spite of what many think. Need to use death. Once a warrior sees the flow of energy, the world is never the same.

Story of CC writing book: Obsessed about notes, plan to destroy them if he died. DJ said that was crazy and complicated, that he should write a book---either dream a book or write a shitty book. CC wrote a shitty book and left it in a theater, so he wrote a second shitty book.

Dream Intruders

Should notice intruders in dreams. There is an underlying sense of things in our dreams; then something inconceivable appears (flying fish). That is an intruder or scout. Scouts are from inconceivable worlds of awareness. Awareness is the element of travel (Like boats use water to travel).

Stop the dream when you see an intruder and say, "hey, tell me where you come from." Intruder is compelled to take you to where it came from (need energy to do this). When you ask the intruder, it is compelled to do this.

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You will be taken to "Twin Force". Things are twins in the universe. The twin universe is a universe of awareness, a world of awareness, but it lacks organisms. Inorganic beings are slow, live a long time, are teachers. Females are replicas of inorganic beings.

The universe is female— always in search of males.

You are noticed immediately when your awareness is enhanced. Battle? ? Interaction? ? with inorganic beings is unavoidable (at death). Why not do it when you're alive and vigorous? The sea of universe will eventually get you. "Call to it now. Claim your destiny."

Going with intruders is dangerous when you're greedy (CC was greedy by nature). Must be crystal clear and have guts of steel to go with intruder.

People are scared by these concepts—too real. (His publisher sent his latest book out to over 130 reviewers and not one reviewed his book. Too scared)

When your energy wanes, you are pulled back like a rubber band.

Energy

Need energy to remember details of dream. Must save energy. Boost of energy from accepting death and losing self-importance (not better or worse than anyone).

All of us can be "A-1" Quality dreamers, if given the opportunity.

Sadness

There is a wave of ontological sadness in the universe. We are often protected by our ego. Waves come and hit us whether we like it or not. We personalize it, but it's not personal. It's out there and there is nothing that can be done about "great wave".

2nd stage: wake up into another dream. By this point it feels like we have always paid attention to dreams, but we were not aware of doing it with the energy body. DJ said that the energy body (composed of pure energy) is working all the time. We have a double view (perception with our eyes and with our energy body).

Element of time.

Takes so long for us to get all this. DJ would say to CC, "What have they (meaning the

dominant culture) done to you?" The art of dreaming can help repair us.

Double positions:

For incredible perception, fall asleep in dream in same position that you really fall asleep in. Try this and "write me a letter in care of Phoenix Bookstore after trying twin positions." "Aiming at tapping somebody."

2nd gate: You will come to a complete halt in your dreams. You will be held in position, find yourself staring at an object. It does not shift into something else the way that things normally shift in other things in dreams. The fixation is broken only when it releases you. The twin universe imposes itself on you. We have more energy. They (inorganic beings) have more awareness. Our advantage is that we're temporary, which makes us powerful and as fast as a bullet.

Ask, "Take me where inorganic awareness arises." Will go to the tubes of energy. You will begin to hear a voice (not losing your mind)—the dreaming emissary will tell you what is hidden from view. (first a man's voice, then a woman's)

DJ despised this information: Tells only what you already know or what you should know. Don't let it impinge on your life. Say "Stay away from my affairs." You can easily become dependent on the voice—exonerates you from responsibility.

CARLOS CASTANEDA - LECTURE #4

Said he called a few people about the lectures and they were unhappy: complaints about the fee, about his not being a teacher.

His way requires discipline. Emotional revelations do not change us. He wants us to do it. Take the "infinite journey."

He put down the concerns of everyday life: "Haven't done our Christmas shopping." There is "nothing where we are but emptiness and boredom."

Knowledge has been passed down in his lineage. CC was close to (similar to) Julian. Something has prevented the continuation of the lineage. CC will "Close the cycle".

Death and dying are not necessarily linear concepts. There is nothing but energy out there. Must meet that energy with all your might. Be prepared for a splendid fight (with death).

A warrior has no self-reflection. S/he can maintain total silence. The "Ethereal man" is a warrior in true silence. In a moment of silence, can reconstruct the world. Our internal dialogue is banality, has nothing to do with life and death. With discipline the warrior is prepared to meet that immensity. "The mind cannot resist persistence." In normal life the fantasy of self-importance helps us fight off the immensity.

Falling in love is a subjective state. How different it is to really feel affection.

A ball of energy has been bothering CC. Maybe it is one of us?

"I cannot meet you at the place where you are. It is a preposterous place." Invitation to meet him where he is. "Take me up on it."

* - Down on drugs: marijuana, peyote, heroin,

Expressed frustration regarding spreading his message in Mexico. "Deeply Catholic people hardly know anything." Symbol of Jesus must be examined. DJ had CC study the history of the church.

Press yourself. Break linear thinking. Seek moment of silence. When the internal dialogue ceases, it is black from the eyes up. Then infinity will seek you out—"Pull you up". The discipline of DJ and his party was that they all left together. Doña Florinda burned from within in 1985. Her energy leaped into infinity. "That's worth fighting for!"

It takes forever for death to take us back— to dissolve our experiences. Sorcerers beat the odds. Recapitulation gives death a facsimile of our awareness. "It" will let you go. "Try it"

Complaints about people's comments, wanting to tell him their dreams. "Tell me about your dreams after working with discipline." You will not age easily (with recapitulation).

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Someone told CC that she would pray for him, which pissed him off. "It is arrogant to pray for someone." (He brings this up several times).

Man is the measure of his world. We are in a rotten state--- worse than in 1950. There is no point in our technological accomplishments. The social order doesn't care about the being who is going to die. "Take this option seriously."

Carol Tiggs changed CC. She brought the possibility of CC talking with others. His interest is to hook us to the abstract. It is a very difficult maneuver---to hook us to the abstract.

Women have much more facility than men. Men are rare and coveted. Forces will snatch men, make a bid for men. In the twin universe, entities are aware, more powerful, but slower. They become aware of men. Your energy body will tell you what to do. Trust something in you (don't trust amulets or red underwear). Avoid confrontation. Women can be incorporated in the twin universe with little effort, just a little discipline. Women can project themselves in.

If you voice your desire to stay, you will live for 5 billion years. They offer nearly eternity. You will die with the earth. CC never gave his word. The emissary of dreaming was a salesman: "You don't even have to breathe." DJ refused. CC nearly succumbed. CC says he couldn't help it; he loves to go to the twin universe.

Let "IT" (the impersonal energy) come to you. You will reach unthinkable things. All of us can do this. We have never been given the opportunity.

Referred to a lecture he went to in Ojai, where there were lots of "shoulds". There are no gods, only perception. "Do this before you die." The ethereal man is a man of silence who is pulled away by infinity.

DJ told CC: "I will leave and will leave behind the birds singing 'me, me, me.'" (referring to CC feeling self-importance).

CC will meet us only at the place of no pity. Act! Make a list of people and recapitulate. Direction of head is not important. Breathe and re formulate the memory. This will increase your energy.

"I will give you my word that we will meet again if you do the work."

Editor: Thanks for taking notes. It's interesting that Carlos' group tells seminar goers not to take notes. Don Juan told Carlos not to take notes, he ignored him, and we all got a chance for freedom as a result. Carlos told this reader not to take notes, s/he ignored him, and now we all have his promise to meet us again. And the men have the knowledge that they can live as slaves of the inorganics for 5 billion years.

This reader took excellent notes, and I didn't find anything unclear. I do believe however, that "infinite journey" might have been "definitive journey". Or perhaps Carlos was making a pun. Eventually, we will have notes from someone else on this meeting and I bet we'll see an even different view of the lecture series. I have already seen different notes (which I can't yet publish) on Taisha's lecture featured in this issue. It might just as well have been a different lecture. We'll print them as soon as we can.

I was thinking about the notes from Carlos' lectures and a disturbing thought occurred to me. Carlos said that "Females are replicas of inorganic beings." Also, Clara told Taisha in *The Sorcerers' Crossing*, that men drain energy from women through sexual intercourse. And Carlos said that the inorganics offer men energy. Since there has already been quite a bit of male bashing in the books, I don't feel too bad about pointing out the following: The inorganics offer men energy and invite them to live in their tunnels for the rest of their lives. And women are replicas of the inorganics. As don Juan said, "draw your own conclusions."

As a result of reading these notes, I tried the twin positions last night. I was flying in a dream and that triggered *dreaming*. I then had the choice to look at objects or try the twin positions. I decided to go for the twin positions because I was sure I remembered the position I went to sleep in. I laid down on the sidewalk in the *dream*, crossed my hands over my solar plexus, and went to sleep.

All I got out of the deal was a cozy nap. I actually slept in the *dream*, completely aware of sleeping. It was very restful, but after a few minutes of expecting something transcendental, I decided to wake up. I woke up in the real world and discovered that sometime in the night I had turned over in my sleep and was now on my stomach. Now I'm left wondering if that was the reason for the failure, or if one is supposed to go to sleep and the *dream* comes later, like a normal sleeping situation.

I guess I won't be "tapped" by Carlos any time soon. Maybe a reader will have more luck. If anyone succeeds in making it work, please tell the newsletter about it. And if Carlos "taps" you, please send a picture. Just kidding!

SPECIAL THANKS

I would like to thank readers for their kind offers of help in producing and funding the newsletter. The offers are often part of the letters from which we take experiences. In order to save space, we edit them out. We want to cram the newsletter as full of experiences as possible, but that doesn't mean we don't appreciate the offers.

The newsletter is truly a lot of work. Unfortunately, splitting the work across cities and states would only increase the burden. The very best help any reader can provide is to lock themselves into a recapitulating space and go at it intensely. That will insure plenty of good experiences to fill the next newsletter with. Aside from that, check out the "Guest Reporters" column.

Money doesn't seem to be an issue right now. Thanks to all for the offers of help in that regard. No need to worry about unselfish altruism on our part. As anyone who has recapitulated knows, everyone has a selfish motive for their actions. By doing the newsletter, we get to see the wonderful submissions before anyone else does. And there are some readers who wouldn't be able to afford to pay. Besides, followers of Carlos have had to contend with everyone calling him a fake for years. The newsletter being free of charge provides ammunition to tell them off. Pretty petty, huh?

We have produced a newsletter version on heavier paper, with a price on it. You may soon see it in local stores. We would like readers to know that these are provided free of charge to the stores. Some stores wrote in and asked for the newsletter. Our policy is to give the newsletter to anyone that asks. We put the price on there because we didn't want them given to people only slightly interested.

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LOOKING IN DREAMING

If you think there's nothing new at the first gate, try looking harder.

One night as I was *dreaming*, I came across a tree. I was on the first object in my group of four. My habit is to look at four objects between views of my hands. I don't know exactly why, but that night everything was dull and I was bored.

After looking at the tree, I decided to include it's leaves and delicate pink blossoms as objects. As I looked at the flowers, I noticed some small insects perched in the branches. They appeared to be gnats. I decided to make one of them object number four. As I looked, I realized that I had never selected an object that small. The gnat's wings were vibrating with a beautiful freshness. I decided to risk looking closer, despite my fear the *dream* might end.

As I looked more closely, the wing vibrations on the entire swarm of gnats became more lively. There was a cool, bubbly crispness to their movements. The gnat I was looking at became larger, and suddenly I realized something was looking back! The experience is impossible to describe. It was as if pure awareness radiated from the wings of the gnats and the snowy fluorescent light shining on them through the branches.

Afraid the *dream* was changing, I left the gnat and moved onwards. I tried looking more closely at other objects, but none of them looked back at me.

That particular *dream* changed my outlook on *dreaming*. I now realize that

even the simple recommendation to look at "objects" can be taken many ways. My routine had been to look at objects of a certain size and type, and I hadn't realized that a brief glance didn't mean I couldn't pay attention.

I started looking at mountains, clouds, the wind movement on leaves, and other abstract or oversized objects. I discovered that the type of objects one chooses for viewing can affect the stability of the *dream*.

My belief is that the first and second gates of *dreaming* are very cleverly separated from each other by the warnings in don Juan's instructions. For instance, looking very closely at the small gnat, I was beginning to change the *dream* into something else. That type of *dreaming* is reserved for the second gate. It was very much like Carlos' deliberate attempt to merge with the leaves and branches of the tree in *The Art of Dreaming*. It's not so much that the *dream* will be lost if one looks too closely, it's perhaps more that one will change the *dream* before one has enough energy to maintain volition across a *dream* change. Without don Juan's instructions, the first and second gates would become a single, unmanageable, chaotic barrier.

If looking closely tends to change the *dream*, looking at more general things ought to stabilize it. My routine was to look at objects I encountered at my own walking level. That left me isolated from the *dream* context. When I started to look at my general surroundings, I began to develop a much better feeling for the setting of the *dream*.

I'd like to be able to say that this made the *dream* last longer, but I was recapitulating heavily at the time. At the least, I believe it's fair to say that one should take notice of the "objects" one is selecting during *dreaming* and consider if it's time to apply the idea of disrupting routines.

THE ONE THAT GOT AWAY

Many years ago, I was heavily involved in the practice of Sidha yoga. Looking at it in perspective, I believe that I would have been better off to continue my attempt to follow don Juan's teachings. Perhaps I might have started a recapitulation way back then. At the time, I believed that yoga was the same thing.

I remained the whole time a "closet" Nagualist. At night, when no one was looking, I would continue my *dreaming* efforts. One day, frustrated that I wasn't *dreaming* as often as I liked, I went to the swap meet to see if I could find help with an herbalist I had noticed there years before.

My own yogic group was versed in Ayurveda, using plants and potions from India. I felt that a Mexican herbalist might have something to help with *dreaming*. Not really knowing how to describe what I wanted, I took my time wandering through the swap meet until I had enough courage to formulate my question.

The herbalist's booth consisted of a large backboard covered with every conceivable herb and remedy. A table in front of the herbs was stacked with boxes decorated with pictures of internal organs and descriptions in Spanish. As I stood there, a continuous parade of elderly women approached the herbalist and began to speak in quiet Spanish as if they were old friends. The herbalist himself was of indeterminate age. He could have been anywhere between 40 and 60.

Eventually, the herbalist turned to me and smiled. I blurted out my question, "Do you have anything to help you remember your dreams?" He gave me a strange look that invited me to elaborate. As I started to describe what I was looking for, he practically attacked me. He taunted me in a very loud voice saying, "Oh, how high we all fly in our dreams. Look everyone, he wants drugs. Go away you lazy #@%\$! (Spanish)".

Dejected, I hid my feelings and walked "calmly" away, saying, "I wasn't looking for drugs...". His attitude changed. He transformed into a kind, warm hearted, friendly man. He lightly touched my shoulder, guided me back to the center of his booth, and began to listen to what I wanted. When I had finished, he ignored my request and instead started to talk about stress and fatigue and the toll it took on one's health. He straightened my head and shoulders by putting his hand under my chin and told me that this was the best posture for relieving the type of overwork from which I was suffering. He bent the fingers of his other hand into the shape of a bird's beak and pressed on the area just above the center of my shoulder blades, on my back. "Isn't that where the problem is?", he asked. He gave me a big, sincere smile.

I'd just finished reading, *The Fire from Within* and was filled with visions of don Juan pressing on Carlos' back. My mind was racing at the similarities with Carlos' meeting with don Juan. I engaged him in polite conversation for a while longer. As I was leaving, he told me that he owned an herb shop in town and that I was welcome to attend some group meetings he held there any time I wanted. I never did.

Source: Withheld for the herbalist's sake.

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PSYCHEDELICS OR NOT?

A reader speaks out.

Dear Editor;

As a student of Carlos Castaneda's works for over ten years, and an apprentice to a living Nagual, I must commend you on the seriousness and intent of your newsletter. Self responsibility and motivation is the first steps towards power. *Stalking* also, must precede dreaming work. If you haven't recapitulated yourself, you have no place stepping into the Nagual. I urge all readers to consider this.

Sadly however, I've observed a trace of anti-"drug" sentiment in your first newsletter, specifically in your "just say no" column.

First, power plants are not "drugs" they are teachers; Walgreens sells drugs. As the editor relayed his "surviving my power plant phase" with honesty, in all fairness most people do not use plants for the right reasons or with respect, thus they deserve to have their wrists slapped by spirit.

I must correct you though, you wrote in relation to don Juan giving Carlos Peyote "... Don Juan catering to a Carlos who wanted to learn about Peyote. It hadn't much to do with Nagualism". This is not true. Nagualism is about breaking down consensual reality conditioning, gaining lost energy and entering the dreamtime. Don Juan administered the plants to break down the walls Carlos had erected within himself, they were an essential component.

Many serious and devoted apprentices of Carlos Castaneda, long time students of

his work and authors writing about Carlos, are avid psychedelic plant users. I suspect if you, for whatever reason, begin a "just say no" policy within your newsletter, you will turn a lot of folks off, including myself. It's arrogant to condemn that which we don't understand.

Every indigenous culture on this planet uses psychedelic plants, they are powerful teachers, allies, spirits, etc. If one uses them for escapism or thrill seeking you won't get too far. Yet if you use them with the intent of contacting the spirit of the plant and stripping ego layers away, that's the correct use. What is important is the intent involved and the amount of respect towards the plant.

Any biologist, medicine man or Sorcerer (and I know many of each) will tell you that the planet is an intelligent, self correcting living being which we are part of. Everything has an intrinsic purpose, including psychedelic plants. If you, as editor, choose to pass by this gift of the planet, fine, but please don't preach a "just say no" song to the rest of us. (We heard enough of this from Bush.)

Around the time of Castaneda, there was a break in the alliance between sorcerers in Mexico (Naguals). The break was between the old school of manipulative sorcery and the new school of Liberation/freedom based Nagualismo. There was a further break, for your information, between sorcerers who excluded psychedelics from the teachings and those who continue their use as integral aspects of Nagualismo teachings. Each person must decide for themselves, it depends on what your spirit tells you, it's not law either way!

Keep up the great energy and work. I look forward to your further issues, I will certainly relay this newsletter to those I know can appreciate it. Thanks.

Source: Mark (name used by request)

Editor: My opinion on power plants is only a personal opinion, based on my own experiences with them. The official newsletter policy is, "you send it, we'll print it."

I feel obliged to report the following, but before I do, let me say that since you have a Nagual leader, it doesn't have any bearing on your own use of power plants.

Besides the lecture notes from Carlos in this issue, which state that he is specifically telling us not to use power plants, we have lecture notes from Taisha which say the same. They will be in the next issue, but I feel it's important for readers who are making up their mind on this issue to see a couple of quotes from them now. The text in brackets is the note taker's summary. That outside brackets is a direct quote:

"-[and the assemblage point can also move from the blow of the nagual] [then a little discourse about how drugs are unnecessary and harmful and were used in the initial stages with Castaneda only because he was a nagual and his assemblage point was so difficult to move]"

"-[Abelar] trained to move the assemblage point gradually, through the recapitulation, never through drugs."

Here's a bonus I didn't want readers to have to wait for (Chiropractor bills can be so expensive):

"-do not hurt your neck by sweeping too far."

From a seminar by Taisha Abelar, Gaia Bookstore, Nov. 19, 1993

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POWER PLANTS FOR PILL BUGS?

According to the rule of the Nagual, all living beings are granted the power to seek an opening to freedom. Man is not special or unique. I've often wondered how an insect, for instance, might ever learn to move its assemblage point. A possible method occurred to me years ago while picking magic mushrooms (purely for study, I don't eat them). I noticed that I had competition from the pill bugs. Psychedelics are known to affect insects.

My own experience with power plants has been decades of disappointment. In the absence of a Nagual leader, power plants don't seem to produce any lasting results. Instead, they give a false feeling of progress and waste valuable time.

Still, the history of Nagualism is as it is. I continue to study power plants because they are part of our past. For this issue, I decided to collect some hallucinogenic mushrooms and feature them. After dropping off some newsletters at the post office, I walked a block to a nearby park. I selected it because there was a lot of well watered grass. The park is right across from a police station. It took all of 10 minutes to locate and collect the mushrooms shown here. As I photographed the mushrooms, a ladies civic group watched. They probably thought it was charming someone took such an interest in nature.

These mushrooms are a variety very common to Southern California. I have found them as far north as Pasadena and as far south as Temecula. They are found year round growing in grass or in places which have been fertilized with horse manure. One need not even leave the confines of one's home to pick them. Find a horse trail and collect a trash can bag of dried horse manure. Crush it (wear a mask) and spread

onto any lawn. If the lawn is watered twice a day, there will be many different mushroom varieties within two weeks. With knowledge, you will probably find the ones shown here. Caution!!! There are deadly ones with a similar look. These instructions shouldn't be taken as an invitation to eat them, if you intend to do that, first take a course in Mycology at the local university.

These mushrooms are a member of the *Panaeolus* genus (which has several active members), probably *Panaeolus subbalteatus* (the spore print is black). The dosage is 20 mushrooms. By contrast, the dosage of the mushroom suspected of being don Juan's favorite is about 2. A mutation of this mushroom variety can be found in *Mushrooms Demystified* by David Arora. It's much stronger and is often found in association with this one. It has a smoother cap, often no darker ring, and tends to grow in clumps. Pill bugs ravenously devour both varieties.

Those new to hunting mushrooms will be pleasantly surprised. The hallucinogenic variety are not uncommon. The first step to finding them is a thorough acquaintance with the procedures of identification. This requires care, patience, and a lot of study, but it's not too difficult. A spore print is taken first (very easy and fun). This is followed by an examination of external traits. Personally, I feel that it is important to follow up and use a microscope for verification of spore shape. Life is very fragile and some mushrooms are very deadly.

Through the use of power plants, don Juan taught Carlos intense concentration, dedication to purpose, and the ability to exert himself beyond his limits. For instance, Carlos spent four hours just grinding one clump of seeds of the Devil's Weed. The procedure required to produce the little smoke was equally demanding. Producing either "ally" required more than a year of dedication. Carlos was forced to push himself far beyond ordinary exertion levels. In light of his most recent books, it would be

interesting to ask him which was more important, the effort or the effect.

The ability to exert oneself far beyond ordinary levels is the fuel of *unbending intent*. It is the same force that drives us to recapitulate our lives away. It is the skill required to overcome *dreaming barriers*. A stubborn assemblage point will yield to extreme effort even without power plants. Power plants tend to dampen a person's ability to exert extreme effort because they produce subtle hangovers and weaken the body.

The mushrooms pictured below are mild and will displace your assemblage point for about 6 hours. In my opinion, 6 hours of recapitulating would be more profitable. Besides, picking them might deny a pill bug a chance for freedom.



Probable *Panaeolus subbalteatus*. The cap color in the above photo is misleading, cap is light brown.



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CARETAKER'S CLOSET

A collection of strange objects.

Rather than leave out any reader comments that apply to Nagualism, we have created this column as a storehouse of whatever you find out there and care to send in.

Another don Juan lineage Nagual?!?!?

So you ask yourself, what happened to Pablito, Nestor, the little Sisters, and the rest of the gang. According to Marilyn Tunnestende, she took them over and is leading them. At least that's what I'm told she will say in next month's issue of Magical Blend. It's issue 44 and will be available August 8th. I got the impression that she was going to say something to the effect that Carlos is an idiot. I am told that she does not share the same agent with the rest of the group (Toltec Artists).

Source: Chico, CA

How about an apprentice?

...How does Ken Eagle feather fit into all of this? I have his book, "Traveling with Power" in which he claims to be an apprentice to don Juan. The experiences he relates seem much different and even frivolous when compared to those of the other apprentices...

Source: Northbrook, IL

Editor: Personally, I hope everyone in the world is either a Nagual or an apprentice of don Juan and I'm the only idiot.

That way my chances of succeeding are better. Maybe Carlos will clear this up.

No new Nagual.

... according to a guy who has been to most of the [Carlos Castaneda] seminars, and met C.C. several times, there is no Nagual in training and don Juan and Castaneda's lineage has come to an end-- the "Rule" is no longer in effect. Consequently, there is some sort of new rule that applies more to this age.

Source: Glendale, CA

Editor: Don Juan's lineage coming to an end doesn't account for the "horde of angry sorcerers". I was kinda hoping for a date with Josefina.

A bunch of squirrels.

... having met Taisha Abelar at a book signing, last year, where I became very disheartened by the overt defensiveness among the other people attending. Taisha seemed to be the only friendly and open person there.

You'd think that these folks would use her behavior as an example, and not act like a bunch of squirrels---then it dawned on me, that they're presence was not a reflection on the author or the teachings, but, the result of an unscrutinized mailing list.

Source: Glendale, CA

Editor: I've experienced the attack of the killer squirrels too.

Rituals?

One thing that I don't understand is that Castaneda says that his group doesn't use ritual. But the use of crystals and stones, the building of boxes and putting

people in caves to me seems like ritual...

Source: New Bern, NC

Editor: You raise a good point here. Don Juan has mentioned the value of ritual (repetitious movements) many times in connection with shutting down the internal dialog. But the recapitulation crate is not ritual, it's technique. See the interview involving Taisha in last month's issue; any place will do, even a bus. The rocks and crystals came from the inorganic beings, not don Juan. The inorganic beings seem to love ritual. The remainder of the rituals may have come from the Death Defier and don Juan didn't seem too happy about that. He worried that the sum total of those rituals might destroy his line of sorcerers. He also implied that the power plant techniques given to Carlos came from that source.

At any rate, I can tell you from first hand experience that the use of things like the pebbles has it's price. I learned concentration clutching the pebbles. My tendons hurt for months from the pressure. I learned marvelous concentration and had enough hair-raising experiences to be satisfied I was learning something. But now I have a feeling about the stones. I like them. I associate concentration with something I can grab. I have a feeling of nostalgia for the little rocks. I believe this falls into the "liens and mortgages on awareness" category don Juan devised in The Fire from Within.

Questions, Questions....

What has happened to the original apprentices Carlos was to serve as Nagual? Where they part of the group that Carlos took into another world from the little church in southern Mexico? Does he still interact with them? What is the rule of the Three-pronged Nagual? What facets does it have besides indicating change?

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Carlos says not to hunt to join the Castaneda clan; that if a person successfully recapitulates, the sorcerers will find that person. Does that promise hold true even after Carlos has left human life behind? Was doña Soledad's dog the same one Taisha Abelar knew as Manfred?

Source: Little Rock, AR

Editor: I've got an idea. Write to that address under the Nagualist Organizations heading, the Toltec Artists, and ask Carlos himself. Just don't put MY name on it...

Sad but true.

Nagualism does produce drastic results. My behavior, thoughts and feelings today are very different from what they were ... I have found that it is very difficult on those who know you when you begin to change drastically over short periods of time. People try very hard to re stabilize you into their idea of "who you are". If your relationships with other people in your life now are very important to you, it would be best to think very carefully about what you may very likely lose...

Source: Wilbraham, MA

Editor: Everything you cared about is what you lose. That doesn't mean a person would have it any other way. Still, sometimes it produces a feeling of sadness.

Well, maybe not that sad.

... I believe that the life changes [produced by Nagualism] amount to giving up stuff that wasn't worth much in the first place... Don Juan probably would have pointed out that in the case of men, what we're really worrying about is lost sex. No matter how you look at it, it wasn't worth the price. I guess the real

trouble comes in when all of the people who were hanging on you find out you aren't behaving the way they want you to. They try to turmoil you into line, but it doesn't work. The recapitulation gives you a kind of immunity. In my case, I actually noticed that nervous feelings in my stomach controlled my interactions with most people. After recapitulating a particular person, the spasms were practically gone. That allowed me to stop and look at the actual interaction instead of reacting to a nervous impulse. I was always waiting for a "feeling" explosion from the other person and that made me flinch emotionally. Now I can simply watch. I'm expecting the explosion, but I don't flinch, and it comes and doesn't matter. The result is that I agree with don Juan. The only feelings a person has are those convenient to them at the time. Believing otherwise is a social construct designed to make it all seem noble.

The strangest part is that this calm appraisal of human interaction leads one to notice that people feel what they want to feel in most cases. And most of the time they like to feel all muddled up and victimized.

Source: CA

Castaneda lectures in Berkeley.

... In December, we were invited to attend a series of Castaneda lectures, followed by the teaching of Sorcerer Passes. The experience was engaging, to say the least...

Source: Berkeley, CA

Editor: As part of an ongoing project, any readers who have been taught the sorcery passes are requested to suggest corrections to the sample drawings in this

issue. Eventually, we might develop perfect representations.

"Two Bears" Genaro?

Is this *dreaming* at all similar to the shamanic journey; specifically that done by Michael Harner? Just learned that perhaps don Genaro was Tom "Two Bears" Wilson, Navajo Medicine Man and President of the Native American Church. Now names are not important, but it is interesting. If interested, check out *Star Warrior: the Story of SwiftDeer* by Bill Wahlberg.

Source: Bozeman, MT

Editor: Maybe he was. Don Juan was a "stockholder", so why not? Did he just disappear when don Juan did or did he die and leave a body around? If he is still alive or there was a body when he died, then he isn't Genaro according to Carlos' books. Genaro left this world, boots and all.

But is it real?

... Is this stuff real? My belly and experience agrees, but I'm not really sure. I think that *something* probably happened to CC, maybe to TA & FD as well. But I'm not certain that it's as they presented it, or even similar. If my experience didn't fall into place with it, I'd have definitely laughed it off...

Source: San Francisco, CA

Editor: It works, that's a good start. This reader practices Zen too. From my experience, Enlightenment = Heightened awareness. It takes a certain energy configuration to enter it once and remain there permanently. In the Carlos interview in this issue, he emphasizes the concept of "IT" which is also a Zen concept. This reader suggested the Zen practice of walking for 5 minutes between meditation sessions.

Continued next page.

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Continued from previous page.

The insane ape club.

... I did have the good fortune to hear Mr. Castaneda speak, once. It was last fall, in Palo Alto. The thing that struck me most vividly was his description of us as insane apes, who imitate, who copy, who start clubs and cults and groups, and who can never do anything alone...

Source: Berkeley, CA

Editor: Welcome to the insane ape newsletter. This reader also attended the recent witches' lectures in Berkeley.

Losing his edge?

Last November I experienced a lapse in my study of *Dreaming*. I don't know if it was intentional or not, but that's besides the point. I found myself in the middle of a sexual relationship which lasted only 4 or 5 days. The outcome- a conception of a child. I left the scene on my way to Hawaii not knowing of the conception until my return.

My lapse has continued for reasons unknown to me. I've been walking around waiting for my will to continue and I have started my recapitulation. I am in the same place as the woman who is having the baby and our relationship is nil... The thing I'm concerned about is the baby stealing my edge as don Juan put it. Is there any practices that I could undertake to prevent this? Would I have to meet a Nagual to gain this knowledge?

Source: Moab, UT

Editor: We don't have the answer, but eventually someone is bound to ask Carlos or group and report the answer here. Or you might figure out the answer by recapitulating and studying Chapter 3 of *The Second Ring of Power*. As a last resort, maybe you will pass the second gate and be able to ask a scout. As far as the *dreaming* lapse goes, I've experienced that myself. *Dreaming* requires *freed* energy. Anything that ties up our awareness can interrupt it. As I'm sure you know, that especially includes the recapitulation, and every aspect of male/female mating.

PUBLICATIONS OF INTEREST

The following publications may be of interest to the reader. If you run across any not listed, please report them. There are at least two taped interviews for which we have no information.

CARLOS CASTANEDA

BOOKS

The Teachings of Don Juan
A Separate Reality
Journey to Ixtlan
Tales of Power
The Second Ring of Power
The Eagle's Gift
The Fire from Within
The Power of Silence
The Art of Dreaming (now in paperback)

AUDIO CASSETTES

Interview by Theodore Roethke from the 70s. Anyone with specifics? The following tapes are Available from:
TEN SPEED PRESS, P.O. Box 7123,
Berkeley, CA 94707 (800) 841-2665
The Teachings of Don Juan
A Separate Reality.

INTERVIEWS

Psychology Today Dec 1972
Time Magazine 1973 (month unknown)
Magical Blend Issue 14
Magical Blend Issue 15
Details Magazine March 1994
New Age Journal April 1994
Seeds of Unfolding vol 1, #4 and vol 2, #2 (better translation of Spanish original for interviews in Magical Blend 14&15.
Seeds of Unfolding is 212 area code, NY)
Voices and Visions by Sam Keen (book with reprint of Psc. Today 1972)
Interview with Swami Muktananda (anyone know the name of the book?)

ACCOUNTS / ENCOUNTERS / REPORTS
Powers of Mind by Adam Smith (pg 324)

CRITICAL

The Don Juan Papers by Richard Demille
Castaneda's Journey by Richard Demille
Seeing Castaneda by Daniel Noel

CAROL TIGGS

INTERVIEWS

Magical Blend Issue 42

FLORINDA DONNER (-GRAU)

BOOKS

Shabono
The Witches Dream (out of print?)
Being-in-Dreaming

INTERVIEWS

Magical Blend Issue 35
Magical Blend Issue 42

TAISHA ABELAR

BOOKS

The Sorcerers' Crossing

INTERVIEWS

Magical Blend Issue 40
Magical Blend Issue 42

DATABASE FOR SALE

Several people have mentioned that DeMille's database is on sale for about \$1000 from Flashback Books and contains various info about Carlos, including photos. Carlos doesn't like having his picture taken, I prefer to honor that. I'm reminded of the old saying, "Don't bite the hand that feeds you."

NAGUALIST ORGANIZATIONS

Toltec Artists, 183 N. Martel, Hollywood, CA 90036 (213) 938-9500. This is a place where you can write to Castaneda and the rest of his clan [agent's office]. This address was transmitted over Compuserve and I visited the office. Another reader felt it should not be published. I'm asking readers not to write unless they really need to, Carlos' group is working hard for us already. What more could we need?

INTERNET: castaneda-request@earth.com

Subscribing to ixtlan:

"Majordomo@sashimi.www.com":subscribe ixtlan

COMPUSERVE: New Age Forum + Dreaming

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A DREAMING CHALLENGE

Find the hidden Newsletter.

Because Carlos had said the members of his party write their books in *dreaming*, I decided to see if I could find a copy of the newsletter in *dreaming* and get some ideas for the first issue. Since then I have found a bizarre assortment of all kinds of newsletters, including the first issue of Nagualist. Unfortunately, the typesetter had shifted his keying up and to the right, and it was unreadable. The general size and color were all I could see.

I'm challenging readers to try it. The only thing I can recall like this from Carlos' books is his search for antiques while at the second gate. The one he found turned out to be a scout. Hey, maybe a scout will masquerade as a newsletter! If that happens, does it mean we have to include one in the next issue? How do you fold a scout, do they like staples? At any rate, looking for specific things in *dreaming* is fun. I suggest reading any newsletters you find. I saw a good recipe in one of them. I believe it was for blackbird pie.

I extend this challenge primarily to the women *dreamers*. Men seem to need to follow the steps they have been given and I wouldn't want anyone wasting time because of this newsletter. Of course, if you spot the newsletter laying on the ground, it couldn't hurt to take a look. Remember, as the assemblage point returns to normal the memory can change or seem irrational. Report whatever you can remember. Even where you found it would be interesting. The paper color you're looking at right now came from *dreaming*, maybe we can find more.

GUEST REPORTERS

Glamour, excitement, and an excuse to stop being lazy.

There probably isn't a person among the readership that hasn't wondered about something from Carlos' group's books. For instance, is there really a circle of stones at the base of a mountain near Simi Valley? How about those Arizona lava peaks, are they really worth sketching? Is the turtle soup in Guaymas really all that tasty?

Now's your chance to find out. You can do the research, travel to the scene, taste the soup, take the photos, and report back to us. For all of your efforts, you won't receive a penny and we won't print your name alongside the article. If the Mexican police plant a joint on you, you'll have to bail yourself out of jail. If you get hurt, you'll have to get your mom to visit you in the hospital. We'll disavow all knowledge of your actions. In other words, you're on your own! The only reward you will receive is finding the answer to something you have always wondered about, and maybe a little *stalking* practice.

Future issues of the newsletter are in need of articles, both serious and fun. We can't guarantee we'll publish the material, but it's more than likely. We look forward to your efforts! Here are some suggestions:

The church of the death defier.
The lava mountains of the Gran Desierto.
Carlos' coffee shop in Tuscon.
The emissaries of death.
The airline ticket office in Mexico city.
The old coin stand in Lagunilla market.
Don Juan's favorite bench (Little Rock, how about it?).

QUESTIONS FOR NEXT TIME

Now's your chance to prove you weren't crazy after all.

A reader submitted a very interesting story about something weird that happened to him as a child. It seems he remembers when the mold of man took him over and he became like everyone else. It was too late to fit into this issue. In honor of this being the first childhood experience submission, the next issue will feature childhood experiences that tend to support Carlos' books. A different reader brought up another interesting topic, the possibility that we are all involved in group *dreaming*. I believe it would be informative if we all compared notes on this topic, especially *dreams* about teachers helping us out. Maybe there are some common themes. Here are some questions for next time:

1. Relate any childhood experiences that were so strange no one believed you, any techniques you used as a child to move your assemblage point, or descriptions of sleepwalking as a child.
2. Describe experiences *dreaming together* or any dreams where someone was teaching you something to do with awareness, *dreaming*, or stalking. Try to keep it to dreams that you have reason to believe weren't just ordinary dreams. Don't worry if it sounds egotistical, the idea is to compare notes and look for common ground. If you thought the person was Carlos or one of the women during the *dream*, it's OK to say so. I've had several myself.
3. More info from seminar attendees would be greatly appreciated. Other readers are still wondering about the simplest things. For instance, how the heck did you get invited? Also, we need sorcery pass help!

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INFORMATION EXCHANGE

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What about Marilyn?

*Depending on how much
you give yourself to intent,
is how much you will get
back.*

*Give yourself totally, it
will take care of you
totally. Without doing.*

*This is the end of the
whole lineage.*

*We have to do it
ourselves. Our only guide
is the energy body.*

*I intend that your energy
point move, the books
intend it. Just allow it.*

*If something is here for
you, do it.*

Taisha Abelar, Berkeley 1993

Interview reads like the truth!

Newsletter information is often tainted by its source. We heard about Marilyn Tunneshende several months before her magazine interview was published and had the impression that she was at odds with Carlos. That may or may not be the case, but we feel that we owe her an apology. We're sorry for misspelling her name, and we're sorry about the wording of the advertisement we placed next to her interview. It read like we were poking fun at her. It said, "No Naguals here!"

Now we see that her interview had a ring of truth to it. I was especially impressed with the concept of energy vortexes of "other dreaming". Unlike concepts expressed in the works of other authors, which usually sound childish and made up, this one sounded childish and **true**. It sounded like a better view of fourth gate *dreaming*! Carlos never did elaborate on that. Plus there are a few bonus gates left unexplained.

Marilyn also described a technique of seeking out specific things in *dreaming*: Stalking through *dreaming*. We were trying to set up something similar here with our "find the hidden newsletter" challenge, but no one bit.

We wanted to provide better info on Marilyn for this issue, so we wrote to someone who might know, via his contact with Florinda. Here is what this person had to say (with a tiny bit of editing):

... I must admit that I don't know anything about her, except her article in *Magical Blend*... Florinda never mentioned her, but that doesn't mean anything. To me she sounds sincere and some things she said are true, for example the things she said about *Dreaming*. She seems to know very much. And she also knows something Florinda mentioned to me a year ago - that Soledad is mercenary. Florinda told me that Soledad is working in Hollywood and that her motto is "Money for Movies". On the other hand, Florinda claimed that Gorda died in 1985, and Carlos on another occasion told the same story. Now Tunneshende talks as if Gorda is still alive and she calls her "Maria Tena". Graciela Corvalán, the woman who did the 1979 interview with Carlos, had several contacts to Gorda, and she says that her name is "Maria-Elena". She hadn't any contact since late 1984 with Gorda, so that she could imagine that Florinda's and Carlos' stories about her death are true, but she doubts it.

A speculation on this: Maria-Elena (Spanish version) - Mary-Lyn (English version) - Marilyn. Let's quote: "... Although if she ever did, I'm sure she'd do an excellent job of it."

Different names for different occasions, like Florinda says. And for me it's no question who that John Black Crow really is or this dreamy Florentin. And even if she isn't Gorda, it's more than logic that Don Juan and cohorts looked for a new Nagual (woman) for the old group since they had the time to look for new members for the "wrong" Nagual Carlos. At least it would have been fair. But keep in mind that this is merely my conclusion. Draw your own...

For not knowing anything, this reader sure had a lot of good stuff to tell! I'm very intrigued by the "Money for Movies" motto. I'd hate to think that Soledad was doing adult movies in Hollywood, especially since she's got to be over 80! Or maybe she's behind the wave of 60s TV show movies. Just in case Soledad gets hold of this newsletter, my motto is, "Money for interviews".

Marilyn Tunneshende is also welcomed to provide interviews for the newsletter. And until her book is released, I hope she sleeps well and has pleasant *dreams*.

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STRANGE CHILDHOOD EXPERIENCES

Sometimes there really are monsters in your closet.

Ever since I was three years old I never believed I was just a human being. Lying in my bed I would endlessly repeat my name over & over, frightened and amazed that I was "stuck" in this small body. I used to watch my parents, who loved each other, "hurt" each other, only because they wanted attention. I thought it was stupid.

Finally, when I was five years old, my mother got mad at me for not cleaning my room. Actually, my room was clean but she was mad about something else and her anger came out to me. I got frustrated (yes, five year olds can get frustrated!) and decided I was going to be LIKE EVERYBODY ELSE. I even said it out loud.

That night I woke up in bed and standing in my closet was a white, glowing man. When I looked at him, he came over to me and "grabbed my stomach." I started screaming and my mom came in and carried me out into the hall, where I must have eventually fallen asleep in her arms.

When I was 23 Castaneda published "The Second Ring of Power" and when I read about the "Mold of man" I got so scared I slammed the book shut. I saw him again that night, in my dream. He was standing in the shadow of a small tree. He beckoned me towards him and I got scared again and woke up....

Source: Atlantic Beach, FL

Dream spy.

I clearly have memories of observing my parents playing bridge with the neighbors in our living room while I was "asleep" in my bedroom. Although they couldn't see me, I recall feeling that at some unconscious level they could sense my presence. A long hallway with a door separated the bedrooms in our home from the living room, and I remember often requesting that that door be left open, promising that I'd keep the door to my bedroom shut. My parents, no doubt, felt this was a typical childhood request born out of insecurity, fear of the dark, etc., and it was to some degree, only now I realize that, in addition, I found navigating my non-ordinary perception easier when the hallway was partially illuminated by indirect light from the living room. More than once I remember being on the verge of discovering something transcendental about myself in that hallway, only to suddenly awaken in my bed. There was just no basis for understanding such matters at that time and place. Just writing this letter has been cathartic, because just now I was struck by the memory of how unusual my perspective was in that hallway during these experiences, and of how

my vision had an effervescent quality to it. This immediately reminded me of Taisha's description of the hallway in the sorcerer's house when she attempted the "crossing" with Nelida, of how the air "bubbled."...

Source: Otisville, NY

High fever.

...When I was four, I was sick with measles. At one point I ran a very high fever; over 104. My mother bathed my face with an ice-cold washcloth. At the height of the fever, I left my body and floated near the ceiling of the room. I saw my body lying limp and red. I watched my mother bathe my brow. I saw sunlight struggling to creep around the edge of the pulled-down window shade. I thought of how long it had been since the last time I had floated free from my body (I guess we're talking about babyhood, at this point, for I have no specific memory of floating freely before the fever incident). Finally, I thought that if I did not return to my body, it would eventually die, and I would have no place to be in this world, and I too would die.

A year or so later, I fell from our family car while it was traveling around 55 or 60 mph. It was winter and I had on a heavy wool coat. The coat kept me from being chewed to pieces as I tumbled alongside the highway on the gravel shoulder. I must have rolled like a bowling ball -- the image in my mind was of a twirling tornado. Every two or three weeks, for several years afterward, just as I was about to fall asleep, a huge rotating donut would descend from space and try to carry me off. Several times it succeeded in carrying me up and away. A couple of times, when I later returned, I thought I had met beings on the other side of the spinning...

Source: Withheld by request.

Earth Motherdaughters.

...I think forever in my dreams I've met with angelic beings. I've always dreamed that I could fly to other worlds with different skies. When I was four years old in bed I saw my first luminous egg. Years later my daughter said out of the blue that it was me checking up on you. She said the other realms are like dreams and she described my four year old bedroom scene. Before she was born we dreamed together again and she said her life would soon begin and that she had lived long ago in a big city in Mexico and wondered why we don't take the time to remember all our other lives, charge loving energy as we touch the earth, the real mother from which your cells received birth. You're the earthmother daughter you create every day by making loving-floating-peaceful-good things happen every day by dreaming-power-connecting you control the earth and time maybe a gorilla body but with an angelic-computer like mind!

Source: Greenville, MS

Editor: This particular reader writes in poetry, even when simply requesting to be on the mailing list.

Child in flight.

It was a clear summer day with just a few fluffy cumulus clouds floating across the pure blue. I was a five year old kid playing in a patchwork of suburban yards and fields on the east coast of the US.

On this particular afternoon, I was running around by myself with arms outstretched, pretending to be an airplane. I was content just watching the explosion of greenery, the buzzing insects, and the dancing butterflies, when suddenly a feeling of pure joy surged through me, and I shot up in the sky.

I looked down and saw the roofs of houses, but it never occurred to me to look for my body. I don't remember coming back to it, either. But this experience always stayed with me, even after the rest of the world closed in.

Source: PA

Monster under the blanket.

As a child I was a massive sleepwalker. One time I actually got up in the middle of the night and cooked something in the kitchen, perhaps brownies. In the morning everyone wondered why the oven was on. I would often wake up in a different bed than I had gone to sleep in, or wake up on the floor in my own room. My earliest memory of a strange episode was one where a blanket on the floor in my bedroom kept creeping towards the bed while I slept. I was asleep and only vaguely aware of it. It scared me, but I was too young to get up and leave. Finally, something pounced on me from under the blanket and picked me up and shook me. I'll never forget that hideous face and how fiercely it shook me. It was not an ordinary dream at all. Perhaps this experience set the stage for my sleep walking and the other strange effects in my dreams over the years. It was common for me to wake up from a dream and find images or people from it still floating in the "real" world. I would panic and shake myself or jump up and down to force them to leave. One time the image of my father, sitting in his armchair downstairs, hovered above my bed for many seconds. I got up and verified that he was sitting downstairs in the same pajamas I had seen. I used to lay awake before sleep and watch for a purple mist that would form above my bed. I was convinced that it lead somewhere. I asked the rest of my family how to make use of it, but they dismissed it. Another experience I commonly had was one where I would first "see" gray ripples, then black and white snow (like on a TV), then my head would "expand flat", and then get "real skinny", and then the cycle would repeat. If I kept following it, I would end up as a dot in a tunnel of water or vapor moving rapidly down to a destination that could only be described as chaos. I believed at the time (8 years old) that the destination was "birth" and that I was remembering being born. As an older child, I would blank out while looking at the patterns on wallpaper. One time my mother grabbed me and said "don't scare me like that!" Eventually I gave up on such things because no one else considered them worth anything. When Carlos' books came out, I was hooked instantly.

Source: CA

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DREAM YOURSELF



Taisha's lecture in Pasadena was filled with great tips.

These excellent lecture notes were available freely on Internet. We contacted the author of the notes and received permission to re-print them in this issue. We suspect that these notes will have a big impact on those who have been recapitulating for a year or more. They include several suggestions for not-doing exercises, suggestions for finding more items for your recapitulation, how to recapitulate while dreaming, and tips on how to wake up the energy body. They seem to be the most concentrated technical tips so far.

The following are notes I took at a talk by Taisha Abelar on 10 October 1992 at the Alexandria II bookstore in Pasadena, California. These are somewhat cryptic but may be of interest to some on the list. ((My comments if any are in double parentheses.))

The Activity of sorcerers is that of Dreaming yourself.

Society is oriented toward a "poor baby" syndrome (society and the individual are at effect).

Drills to resolve this:

Write your internal dialogue down for 3 days, wait three days and read it. Mark up the newspaper wherever the poor baby concept is expressed.

We presently have a mating/courtship compulsion.

The self is presented as a "poor baby" to the world.

Stalking the self - see how you are living.

The reason for all this is that mankind's assemblage point is in a certain position.

You can move the assemblage point to another place.

That's what sorcerers do - move it away from the poor baby position.

The assemblage point is a place of luminosity on the energetic body, it lights the filaments. When the filaments of the energetic body match those of the universe perception takes place.

How do you move the assemblage point? You need energy - this may be obtained from not doing the presentation of the self in everyday life and stopping seeking courtship. Curtail neediness.

After you've increased your energy THEN practice sorceric techniques.

1. The recapitulation (see Sorcerer's crossing).
2. Quiet the internal dialogue (Meditation and breathing techniques are good for this).

((Taisha told a rather amusing story of going to a guru in India who had a \$900 breathing technique.))

The \$900 dollar breath: 3 exhalations, 1 inhalation.

(Use) any technique that works - sorcery passes, gazing techniques.

Practice impeccability, you'll know impeccability when you have no self interest. Act without expecting rewards or returns. Act impeccably and the assemblage point moves to the "place of no pity".

Heightened awareness.

When the assemblage point moves far enough you'll see different worlds.

You'll know when you are there - (you'll be) very quiet, unknown to yourself, you'll feel solitude but not loneliness.

Energy comes to you and will guide you, energy of the double, the ethereal body. "Poor Baby" ravages energy.

That's the beginning, heightened awareness is the door to infinity.

NOW you can use dreaming and stalking.

Dreaming, use dreams to enhance awareness of being, wake up the energetic body. The art

of dreaming - move the assemblage point systematically (find your hands, etc.).

Art of stalking - when assemblage point moves you have to fix it at new position - give it reality - explore, get adventuresome.

Find out the ramifications of the new position from a bodily energy viewpoint. Then develop the energetic body.

Use it (while awake).

Solidify it and act from it.

Where Taisha Abelar is, is a position of the assemblage point.

Moving assemblage point to where their's (other sorcerers) were.

The earth too has an assemblage point. ((cf. Ley lines etc.))

Embarrassment disrupts the assemblage point.

There are other worlds than this consensual world.

Nagual - pronounced "NO - ALL".

You can move the assemblage point in dreaming. ((Taisha Abelar made a loud scream at this point in the talk.)) Shriek - makes the assemblage point shift and solidify the energy body.

For a normal human the assemblage point is behind the left shoulder at the back.

Perception is encoded in the body (cf. Husserl, phenomenologists). Perception - a facet of corporeality.

The only way to change the energy body is to move the assemblage point, lighting up different filaments.

Memories can reengage, restimulate different energetic memories.

Dream yourself, it's up to you.

A man waits for death and while he waits he surrounds himself with beauty and with strength. "The Death Defier".

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The change comes from within, to change the world, the environment, the universe.

You must move the assemblage point.

Recapitulation - make list of everyone you've known, begin with the latest person and work backwards. Breath in over right shoulder to left then exhale back (rotating the head back) - visualize and breath you can do it in the world.

Don't poor baby yourself.

Use devices to jolt yourself, you can move the assemblage point up and down.

((She talks about her experiences in the other world with the trees (described in Sorcerer's Crossing).))

Competition among the roots of trees (not recommended to move the Assemblage point down).

The greatest challenge - practice controlled folly, you see the situation and you don't do anything about it - you don't judge - judging is death.

Inorganic entities, they permeate this other realm of the universe.

Don Juan's/Carlos' new book The Seven Gates of Dreaming. The second gate is these guys - Gargoyles/vampires/shadows. They inhabit a close realm and feed off our energy.

Don Juan's allies.

Seers can see this energy. Build integrity - internal strength. Gazing at gravel/ leaves/ moon/ clouds. But if you don't have the sobriety of recapitulation then there are hazards.

The Inorganic Entities come thru tunnels, ignore them. The Inorganic Entities obey your commands.

You can recapitulate your dreams or recapitulate in your dreams. If awake, Normal recapitulation, start at right inhale to left, exhale to center.

In dreams, inhale Clockwise, exhale counter-clockwise in center.

There are layers of recapitulation.

Best place for assemblage point - an infinite number of other places. The spirit, intent, will let it move. Best intermediate place - "The place of no pity."

Do the newspaper exercise (looking for "poor baby"). Take a pen and paper to your internal dialogue. Scratch the surface, stalk yourself.

Taisha Abelar and her fellow sorcerers are now moving assemblage points elsewhere and using energetic bodies to establish realities there.

Proper use of sexual energy, if you've got energy to spare - ((sex is)) OK if you've recapitulated.

If you want to move the assemblage point to other areas use sexual energy to do dreaming.

The second gate is the graveyard of failed sorcerers.

Control; the stalkers sobriety.

Level 1 energy body.

Level 2 energy and physical body (this needs lots more energy) ((the above is describing 'going places' via dreaming as an energy body or taking the physical body too)).

After recapitulating there is only NOW. This permits discrepancies - coming and going from the consensual universe.

When moving the assemblage point either:

1. Get rid of friends.
2. Use them as controlled folly.

The world has multitudes of realities.

The real challenge is in the world - can you get off the assemblage point position?

Stalking - move assemblage point, give the energy body a jolt. ((an example of a stalking exercise follows)) Tie up the dominant hand and use the other.

Not doing exercises:

Walk backwards.

Walk on all fours with kneepads.

Any trigger - sound/time/smell causes the body to remember.

Cover up mirrors - (they reinforce agreements and put attention on the self).

Stalk yourself, look at the world.

Begin recapitulation.

Dream and find your hands in your dream.

Not doing.

Disrupt routines,

and do exercise to wake up the energetic body (physical exercise).

Source: Internet. If interested, post e-mail to the administrator's address, at: Castaneda-request@bsd.com. As of the time of this issue, we had recovered all lecture notes available at this address.

Editor: If you have recapitulated and also worked on *dreaming*, you may have reacted to these notes as I did. I thought, "You'd have to be really good at *dreaming* to get enough time to recapitulate in your *dreams*!" I visualized the process as one where you're in a normal dream, you realize it, and you look at your hands. Then you remember that you also want to recapitulate. So you don't look for objects, instead you sit on a rock somewhere and try to recapitulate. It didn't sound very practical to me, it's hard enough to get in a few minutes of *dreaming* as it is! One might as well recapitulate while awake, where time is easier to find!

Well, I turned out to be dead wrong. I discovered this by adding recapitulating to my rush hour traffic driving. While stuck and going 2 miles per hour, I recapitulate "clean up" topics from my list. For instance, old TV shows, things I cooked in the kitchen, plants in gardens I saw. I find that complex topics are too hard to do on the fly, my mind keeps skipping images before I can get all of the energy. "Gilligan's Island" is easy to do while driving. Seriously, these "clean up" topics trigger other memories and feelings you might have missed.

As soon as I started doing this type of recapitulating, I also started to dream I was recapitulating. This wasn't *dreaming*, it was an ordinary dream that lasted for hours, covering dozens of topics I hadn't remembered, was something I witnessed rather than participated in, and I had enough volition to do the sweeping breath throughout the dream. I believe it's what Taisha was talking about: another type of dreaming where one recapitulates and which does not interfere with normal *dreaming* practices. There are hints of it in *The Eagle's Gift*, when Carlos and La Gorda did *dreaming together*. By the way, it isn't very restful.

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RECAPITULATING EXPERIENCES

Worth the struggle?

...I've been trying to recapitulate while doing other things and find it to be quite a struggle. I suspect that the struggle to remember and visualize, while working on another task in broad daylight, may have its own benefits. It almost "hurts" my brain to do it. Who knows, maybe the struggle itself is the main thing. If that's true, recapitulating while doing something else ought to produce positive results...

Source: Riverside, CA

Recapitulation events that never happened?

...How do you explain recapitulating experiences which could not possibly have happened? Are these recapitulated dreams?...

Source: New York, NY

Editor: I don't try to explain them, I just enjoy them. If any other readers have an explanation, fire away.

These types of events are very puzzling. There you are, recapitulating away, and you find yourself in the middle of a very visual experience where you're finally recapitulating the way you hoped you would be. You can see the scene, maybe even hear it, you feel lots of things. It's working! Then you realize, "Hey! This never happened!"

I once took a business trip to a troublesome foreign country with a new business partner. When I got back, I experienced a very visual and tense recapitulation scene of us doing business next to some shelves. He was explaining fantastic things about doing business in that country, all of which were probably true. Then I realized it never happened. That made me lose the vision. But I managed to worm my way back into the vision. Inside the vision, I was absolutely sure it had happened and even wondered why I was getting confused into thinking it didn't take place. I went back and forth twice. Outside the vision it was obvious it hadn't happened. Inside, it was obvious it had!

Taisha says you can recapitulate your dreams, and don Juan said the recapitulation is a way to entice the knowledge of the energy body to come out in terms of memories. Maybe there's an answer there.

Can recapitulation be self-indulgence?

...Okay, recapitulation is great. I resisted it for a long time, but I can see the benefits of it now. But so far no one has mentioned anything about Castaneda's first few books. What about techniques like Erasing Personal History? Aren't these at least as important to storing energy as the recapitulation. (Without this for balance - it seems that sitting in a box remembering every minute detail of your life could become the ultimate in self-indulgence.)

Source: New York, NY

Editor: I doubt if the recapitulation could ever lead to self-indulgence. Carlos & don Juan's group has suggested that it leads to the realization that one is a boring, repetitive, predictable idiot. I believe that eventually one might even physically feel the human form's grip on one's awareness.

As far as erasing personal history goes, it's just my opinion, but I think that erasing personal history is more of a preparation for a future as a sorcerer plus a way of protecting an apprentice from being sucked back into society by his "friends". Those petty tyrants just don't like sorcery! If it's true, then their lives are pointless. They resent that. Erasing personal history also makes it easier to stop being "yourself" and is thus a not-doing. Not-doing hasn't been forgotten in the recent tide of events. Taisha's lectures, as described so far in the newsletter, emphasize it.

Car crates?

... I find that the interior of my car is suitable for packing in the returning energy...

Source: West Salem, OH

Editor: My car has been called a crate a bunch of times. I'm curious to know if you've learned to recapitulate while driving or if you use the car while parked? If so, that's a new one to the newsletter. So far we have a shower, a bathtub, a crate, a tepee, a bunk bed with a blanket, a cardboard box, but no parked autos. Good idea.

Does poor memory interfere with recapitulation?

Recapitulation has seemed difficult to me because outside of dreaming I do not have visual imagery and I have very poor memory. It seemed that without having better visual imagery and memory, formal recapitulation was impossible. I have used recapitulation very successfully to stop the internal dialogue and greatly enhance dreaming. When something is on my mind I recapitulate it until I am freed of it and the mind is still. This works well for my spouse and I. Countless times this winter I was able to sustain lucid dreams for over an hour after using this method. Since getting NNL I have started formal recapitulation. My method is somewhat different from other readers because of my poor memory. I focus on a person and give them back their luminous fibers. I have good proprioceptive imagery and think proprioceptively. When I exhale the other person's energy it clings to my luminous body. The sweep holding my breath then washes the fibers for the next inhalation...

Source: Louisville, KY

Editor: One of the nice things about Nagualism, as described by Carlos' group, is that turning things into a routine always seems to be the wrong way to go. For instance, I was beginning to think that more time recapitulating was better than less time, and that readers who did not follow the letter of the instructions were weakening the technique. According to the notes on Taisha's lectures, as published so far in the newsletter, there are no rules. If you are recapitulating successfully with your own technique, you can count on it polishing itself on its own, according to your own needs. The only thing she has emphasized is the written list. There is even a hint that this isn't required if you intend to go for a random pattern. For this reason, I believe a "sorcery" school could never take place. One reader mentioned wishing there was one, but as one gets into the techniques, this looks more and more like an impossibility. Intense flexibility and creative adaptability are required for this path, how could it be turned into school lessons? By the way, my memory was lousy in the beginning and my visualization zero. That changes with time, because these very qualities are the result of one's energy level, and the recapitulation restores it. In my case, it took nearly a year of faithful practice before it improved.

This reader offered the opinion that emotion was not necessary for recapitulating. Taisha's lecture notes have verified this. Last issue, a reader emphasized emotional responses to the scenes. I believe that in the case of some people, substituting the word "involvement" for "emotional response" gives that readers comments a more universal interpretation.

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Bathtub sanctuary.

Recapitulation in the privacy of the bathtub works for me. My bath has been gridded as a domestic sanctuary and is an energetically safe and sealed environment. In experimenting with this technique, I find it to be very effective in recharging my field and increasing my level of detachment and compassion. Since my practice has begun, I notice that I leave fewer energetic traces than previously and that my appearance alters after each session. My field positively radiates upon emergence from the temple.

I have integrated recapitulation into my professional practice as a healer. I find it, combined with other compatible techniques, to be exceedingly successful in assisting in the healing process of many abused & traumatized people. I integrate the technique when those who, after years of dredging & regurgitating, are ready to unfold as healed. These clients are grateful to be able to actually pull back their energy in a safe & sealed environment and the feedback so far has been consistently positive.

As far as stones go, I have a piece of Kunzite I use as a dreamstone. Sometimes I hold it until I move into alpha and other times I sequester it under my pillow immediately. I do notice it has effect on the clarity of dreamtime, yet so far I don't correlate its use directly with lucidity. There has not been any consistency however when using the stone combined with other practices such as Dzog-chen [sp?] meditation or conscious pathway entry - it does tend to amplify the effectiveness of these techniques.

Source: Norwalk, CT

Editor: The question about pressing pebbles or crystals in the first newsletter ad was about a technique from *The Art of Dreaming*, which is designed to help one become aware of falling asleep. If you were to try that technique, you would need 6 of the Kunzites and you would press them firmly between your fingers as an aid to shutting off the internal dialogue before sleep. You are already ahead of the game, since deep meditation is a very effective way to learn to shut off the internal dialogue (and mighty pleasant if you get good at it.)

I have concerns about the casual use of recapitulation in healing practices. There is no doubt at all that it would work. A couple of the biggest causes of mental illness are suppressed memories and what you called regurgitating (going over and over the same situation in your head). Recapitulation would most certainly

help with those. But recapitulating a current relationship is said by Taisha to possibly lead to breaking that relationship. Also, if one of your clients gets into it more, are they prepared to have their view of the world get fuzzier and fuzzier over time? What about the side effect of nightmares and strange dreaming experiences? Wouldn't they worry they were losing their minds? What about the cynical view of the world that will likely go along with recapitulating while not learning to lose self-importance?

I have an ulterior motive for harping on this issue. I'd like to ask readers not to evangelize using the newsletter. This particular reader is making use of a tool that seems to work, but for the rest of you, let someone discover and ask for the newsletter on their own, unless you already know they are practicing these techniques. I've seen people's mental stability completely break down from practicing these techniques without full commitment.

We have another reader with interest in the application of Nagualism. His idea is to apply the techniques to drug rehab. I guess it can't be too bad to dabble in it, since Carlos' group must be fully aware that most of those who start will never completely adopt this lifestyle. Anyway, everyone should look at the lecture notes in this issue and see Taisha's warnings about doing it halfway.

Traveling papers.

I've just finished my first recapitulation and I have some good news to share and some bad news. The good news is that it works. The bad news is that there isn't a chance in hell that a first recapitulation will be complete. I toyed with the idea of not sending in this information for fear it might discourage those just starting. I sincerely recommend to them that they avoid doing what I did. Read about it, but don't do it. Here's what happened to me:

I was driving down the street, all happy that I'd finished my recapitulation list, when I got the urge to take a street I hadn't gone down in years. I really wasn't going anywhere in particular and it seemed like a fun thing to do. I guess I should have seen it coming, what I felt was nostalgia, a sure sign of unrecapitulated memories. As I traveled down the street, I noticed a store I hadn't been to in years. Then I remembered something I'd forgotten to recapitulate. No biggy, it happens all the time. I started the sweeping breath with the intention of getting back that episode. Just as I was finishing, I noticed another spot I'd forgotten about. At that point, I was quite excited. It felt like a street lined with dollar bills of energy,

there for the taking. I thought I'd stumbled on another technique: driving down the road, scooping up lost energy.

As I traveled on further, I started to get behind. The interactions in those places deserved several minutes each, and that just wasn't possible at 40 miles per hour. Then I hit a shopping mall I'd forgotten about. Pretty soon I was 30 memories behind, with 6 hours of recapitulating to do when I got home. I stopped at a red light and noticed that I hadn't been down any of the intersecting streets for years. Each of them was likely to have just as many memories and there were probably hundreds of streets like them scattered throughout my life. A world-sized grid of lost memories began to materialize in my mind.

Now I keep a pad of paper with me when I drive, just to write down all of the missed memories. I plan to retrace the movements I've made over my entire life. Until then, I guess I wasn't as done as I thought.

My suggestion to other readers is to avoid discovering this for yourselves until you are prepared to see those streets as lined with dollars. If you still see your list as a terrible burden, avoid looking to the side when you're driving in old familiar places.

Source: Orange, CA

Editor: I feel that the jolt one gets by remembering on one's own is stronger than the jolt when the memory is triggered externally, but when you're done with your list, why not go looking for memories?

Here's another idea. Go shopping very carefully. Instead of shopping for objects, shop for energy. For instance, if you're at the grocery store, look at every single item. See if it triggers any memories. How about that Cream of Wheat? What about the Cornish Game Hen? Something is bound to jump out at you. When you're done with food shopping, go to an antique shop. You'll likely find some of those rare and coveted early childhood memories there. Carrying this to its extreme, the entire world becomes a place to hunt for energy, with every object encountered a possible trigger. Taisha hints at this when she says, "any trigger - sound/time/smell causes the body to remember", and "you can recapitulate while walking or doing the dishes, just sweep up little bundles of energy..." Using this view, you can dismantle the world a piece at a time, looking for anything that still holds feelings. In light of this, it's curious that Carlos had such a segregated view of the recapitulation in *The Art of Dreaming*, when he said he could remember no more.

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ANOTHER VIEW FROM MENLO PARK

More notes on the Menlo Park lecture.

These lecture notes, and those on the Gaia Bookstore lecture, were obtained from the same source on Internet. We contacted the author to obtain permission to reprint them in the newsletter. Thanks to the reader from Finland who was the first to point them out to us. These notes are on the same lecture reported in the last issue, but are just as valuable.

These are the notes of the Taisha Abelar public talk in Menlo Park, California held January 7, 1994. These notes are not in the public domain; they may be distributed to friends interested in Abelar, CC and Donner, but please do not repost them on other bulletin boards and they may not be published in any magazine etc. Permission is granted to Nagualist Newsletter to reprint them in their 1994 issues only. Please respect the style of teaching of Abelar, Castaneda etc. which seems to be based on limited public display.

I missed a small amount of the beginning. I arrived at the book store on time, and since I had not had dinner walked down to the McDonald's on the corner. I felt a little edgy about not being at the bookstore, but told myself I spend too much of my time being edgy when there is plenty of time and had my hamburger. When I got back to the bookstore the lecture had already started, half an hour early at Abelar's request since she had a flight to catch and the hall was filled up anyway. I stood outside in the garden and listened to the lecture on the loudspeaker. I missed a little of the beginning, but apparently not the formal part of the lecture. I took detailed notes.

"Tonight's talk with be on Stopping. To Stop you must only do one thing. Decide to be a warrior or not.

"The assemblage point fluctuates naturally in sleep. It will also move under the influence of drugs, deep meditation, starvation, sensory deprivation.

"The assemblage point is located behind you at the level of your shoulder blades.

"Sorcerers use Discipline to move their assemblage points.

"Everyone of us can 'see' energy - even now - but you are no longer aware of it. Infants on the other hand perceive energy directly. However, as they get older the 'Usher' introduces them to the world of ordinary reality. Instead of seeing amorphous energy, the infant one day will assemble the energy configuration into...a table. A toy. A dog. A tree. Each time the transformation comes from the Usher.

"First and foremost we live in a world of energy. Only secondarily do we live in a world of objects. The position of the assemblage point determines the reality that we assemble of the energy.

"The sorcerer [presumably unlike the hunger artists and sensory deprivers] seeks to FIX the assembly point at a new location [not just move it]. To agglutinate energy again into new sets of 'objects' and hence into a new 'reality.'

"This world is not as important as we make it out to be. Our language is biased; we call it 'reality' when it is really only one of many modes of the assemblage point. For convenience though let us refer to it as 'ordinary' reality.

"Ordinarily once the Ushers do their work of helping us perceive the various energy configurations as 'objects,' the assemblage point is fixed once and for all and the assemblage point does not move thereafter.

"We are forced to maintain a world of everyday life until we die.

"By the way death, from a sorcerer's standpoint, is not the fast process that it appears to be. The glow of the assemblage point fades quickly, but all the other energy strands that make up the energy egg of the human being can take a long long time to disperse. This process can also be slowed down, for example if you were buried in a lead coffin right after death.

"The alternative to being stuck all your life on one assemblage point is to move it by the practice of Discipline, and then to fix it at a new location while awake.

"A firm foundation in the warrior's way is required for heavy duty stopping and dreaming."

"Discipline is not the same thing as practiced by Catholic girls in a convent. Nor the same thing as what USED to be practiced by the nuns themselves. It is not getting up early to do

aerobics before going to work, or eating sensibly. These are just routines, habits. Not a warrior's Discipline.

"From the point of view of a warrior, stalker or dreamer, Discipline is abstract - an unbending hooking to a purpose - so that the actual implementation of the Discipline is actually very flexible and fluid. It takes courage of steel, there is no room for doubt or hesitation which will otherwise rise up to pull you back to the everyday world of tantrums and self indulgence.

"Discipline leads to harmony, well being and balance. Everyday life, on the other hand, is indulgence.

"Unbending unyielding purpose is what is required for Discipline in our quest for freedom.

"At the Phoenix Bookstore [ed. note - Santa Monica, CA I think] talks recently - some of you were there - Carlos Castaneda gave a talk of the 'warrior's way.'

"You can't 'learn' to be a warrior! It is just a decision you have to make one day for yourself on your own. Asking someone to teach you to be a warrior is the wrong approach, it is the 'poor baby me' approach to warriorship.

"Carlos Castaneda said that first and foremost the transfiguring event in a warrior's life, what is at the bedrock of becoming a warrior, is accepting responsibility for your own death. This is the bottom line. Don't assume you are immortal.

"Face infinity and death in the mirror at night.

"Just by doing this, taking death as an advisor this way, lots of things will fall off, fall away from you.

"Assume responsibility for your perception of the world. Not just the single perception you were born into. Instead intend the movement of your assemblage point to other areas of the luminous egg. If you tighten your belt, curtail the other things in your life the point will JUST MOVE ON ITS OWN without any exercises or routines on your part. The lamp of awareness, strong now that you have cut the excess baggage out of your life, will shine on all the other possible positions of your assemblage point.

"The next rule of being a warrior is to pay your debts. A warrior is very generous. He or she does not look at the world in terms of what other people owe him or her. The warrior looks at the world in terms of opportunities to discharge his or her debts to other people so he or she will not be tied up forever.

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"This paying of debts leads to an unbiased affection for all things. Most of what we consider to be affection is the trading of favors with other people. The warrior, on the other hand, gives affection with no expectation of return. It is not that the warrior is trying to eliminate affection, be an unfeeling person. The warrior's affection is just so unbiased it unravels everyday connections. The warrior's affection is so unbiased that if the warrior goes into another reality completely different from this one the warrior's affection will extend to all the other new beings that exist in that other reality.

"If someone has really INJURED you this also needs to be paid back. The concept of paying debts is not a sentimental concept limited to returning the good connections. The point is to loosen all connections. If you are connected to someone who injured you, you may need to sever that connection by paying back the injury. So it is not a moral issue; it goes two ways.

"The warrior's path is an escape hatch, somewhere to go after you have finished dismantling everyday life. There is no room for crapping out, for fear, for indulgence, for regrets or for nostalgia when going into the unknown.

"Unbending determination is the only choice you can make or terrible things will happen to you once you have accumulated enough energy [by using death as an advisor to cut loose the excess baggage].

"You CANNOT be half assed, half willing or, with your partial energy, even worse things will happen to you [than if you had never taken this path]. "Take back the energy used to support the everyday world [by using death as an advisor and paying back debts]. The everyday world is a gigantic edifice but it rest on just three cornerstones:

"(1) how we present ourselves in the world, how we fit into the social structure. The recapitulation lets you think about all this, how you fit in, it is a looking glass of how others see you in your hopes and fears. All this takes energy. The warrior looks instead at what he or she is doing in the face of death and what conduct, what intensity is really appropriate in that light.

"(2) the second cornerstone is our biological need to mate and to reproduce. We are social animals. Sorcerers say - let the others do it. Sorcerers need the energy that goes into the social dance and biological need to get their freedom. We refuse to be the flower that

blooms -and dies - to propagate the species. Security of the family is one of the strongest attractions to the social order. There is a tremendous fear of being alone, of dying alone. Sorcerers have to learn to be ALONE for long stretches, which is why Don Juan and the others would test us by keeping us alone, on our own, to see how we handled solitude. Why are you so afraid to have no movies, no friends. It is also important to learn to keep mental silence, mental solitude, for long periods. The world will then collapse on its own without the inner talk! Dreaming is also very alone, facing the dangers in the dreaming world alone.

"We are talking about STOPPING tonight and have to get used to solitude. As women we just don't want to be an old maid, a bitter old maid with a mole and whiskers on her cheek as was held up to me. We learn these things, the need to be beautiful to catch a good mate and we fund the entire cosmetics industry with our fears and worries. In recapitulation we have a chance to see this and to look for alternatives.

"The warrior's way [is not to get trapped in the biological imperative to mate and the social dance motivated by loneliness it] is to give unbounded affection instead, not to count the number of affairs we have or be in a relationship and daydream about alternatives that would be even better for us. A warrior's affection so transcends the social order that the warrior can move to any other position of the assemblage point, even an unknown universe and still be full of affection. So don't be afraid to chip away at this second cornerstone of everyday reality, that if you do so you won't have any affections or feelings left.

"The third cornerstone of ordinary reality is very subtle; it is self importance. We joked about putting out a bumper sticker 'Self-importance kills' because a false sense of self importance, when undercut, is a great source of suicide and illness not to mention taking away from a zest for living. Everyone manifests self importance one way or another, either by wanting to be best in something or by wanting to play the martyr and be the worst - the use my bones as stepping stones to your own glory syndrome. Don't substitute false humility or false modesty for pride about your self importance. The important thing to realize is that you are no MORE and no LESS important than any other living thing. To think otherwise is like one ant in a heap carrying an especially big load and thinking it is the most important, the best ant when in a moment I will step on that ant and all his companions and they will be

equal in their death. Something will 'step' on all of us someday, just like one of us might step on an ant hill. We are all equal and self importance is nothing but a reward from the social order of everyday reality, like the drip of a drug into your brain to keep you hooked on the social order. It is better to save your energy and take your freedom instead.

"The 'Selector.' A very simple mechanical model of a needle pointing in a certain direction and we get our energy configuration lined up at a new assemblage point. The Selector does it all for you if you have enough energy it pulls certain things in the universe down to you. Once you have restored your energy by the recapitulation there is no need for chanting or special rituals to move your assemblage point. Where why how the Selector moves the assemblage point we don't know all we can do is acquiesce in the movement, act implacably under the terrible pressure of the Selector.

"Stalking. I - stalkers in general - use behavior to move the assemblage point to create maximum cognitive dissonance."

"You cannot choose where to move your assemblage point when you are living as a stalker because if you choose you will not have enough cognitive dissonance between the old point and the new point to work with. This is why warriors are under tremendous pressure, because the Selector - or spirit - chooses difficult new positions that are so scary or different that sometimes the assemblage point of the warrior, when subjected to the pressure to move, starts vibrating in place, you can see this energetically. If the warrior lapses into an internal dialog about what is going on, then the point will not relocate it will snap back to its normal position which for you is ordinary reality.

"It takes tremendous pressure to move the point and what you need to do is to keep the pressure up but it should be harmonious pressure or you could actually go crazy. Once you have energy and unbending intent the point will move very easily with no problems and after you do the recapitulation it will move sometimes and you won't even be aware of it.

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"I had certain tasks chosen for me by the Selector. I had to completely live as different people, this was not just acting during the day or being aware you are acting it was complete immersion in a new self. 24 hours a day. You ARE that new person. Let me be Sheila Waters for you. [Puts on wig and eyeglasses.] I have to wear eyeglasses when I am Sheila Waters.

"Sheila Waters was pointed out to me by the Selector (spirit or whatever you want to call it) I had to become a business woman, get an MBA, real estate license, paralegal, invest in commodities, keep business relationships with attorneys and accountants and all the other people in the business world. I got things done and made and lost fortunes. Because when you are in that assemblage position there is a natural desire to succeed, not fail, so naturally the tendency is to try to make lots of money, not just stand still or lose money. If you are not impeccable it is easy to lose money by not listening to your own inner voice. I decided that I had to have some really great timber land in the north and it was really great land perfect in every way; except that it was near Mt. St. Helena and when the volcano blew up it was ruined. I used to read the Wall Street Journal and watch Ruyckhaeser [spelling?].

"Other personas. [Takes off glasses and wig.] In Mexico I was under Emilito's supervision he was more of a guardian or spectator than a teacher, would not interfere with the roles the Selector chose for me. I was Ricky, the first position chosen for me, an American gringo male trying to pass himself off as a Mexican. I dressed in man's clothing, passed for a man, romanced a lady and even used the urinals. Don't ask me to tell you what I had to do to use the urinals, I will put it in my new book *Stalking the Double*.

"The second assemblage point chosen for me was a young ingenue from Texas, niece of some women in Mexico who were of course really the women sorcerers from Don Juan's party. I had blonde hair by choice and would parade in the square waiting to attract men to this virginal thing, because of course I had to be a virgin, and the blonde hair was very startling and attractive.

"It is essential to be absolutely fluid. That is the point of all the not-doing exercises, so that you can be absolutely fluid and when the Selector moves your assemblage point you will

have the Discipline to be able to fix it at its new location.

"You cannot view yourself as just a cynical manipulator of behavior, acting out one role then another. It must be real to you, absolutely real.

"Next I was a crazy beggar. Sat on the church steps bitten by fleas and mosquitoes all day but although I am allergic to bites in my role as a crazy beggar woman I did not care, did not mind them at all. I was a crazy female outcast beggar so I had 4 strikes against me and all the time in the world to just sit there and watch the world go by because no one noticed me or cared.

"To conclude. Nothing is real, just a manipulation of behavior, just a result of the accidental fixation of our assemblage point at birth. That is what the stalker learns from being so many different people. Each position is equally real and hence equally phantoms. We cherish our present positions, but even the closest, most real ones are just phantoms when you move to another position.

"It took years of recapitulation to undermine the sense of reality. At the same time I had to replace reality with the warrior's way to avoid the trap of cynicism. Turn my response to the world into controlled folly, the warrior's delight!

"If you have the energy all the things it [Selector, spirit] puts around you become things of beauty and strength, in the highest sense your life becomes surrounded by a display of living art.

"Remember that you are already dead, already a phantom like everything else, and lose your sense of self importance.

"Know beyond a shadow of a doubt that nothing is real."

[Questions & answers; questions inaudible in the garden.]

"After the recapitulation and not doing, then you can see.

"Moving into another complete band of the luminous egg is like dying, because the glow of your awareness in the everyday world has gone out. Awareness is still with you but you are perceiving a different reality. To the ordinary reality world you are gone, dead.

"There are similarities between Chinese acupuncture theory and the sorcerer's description of the luminous body. If you draw the main

body meridians they form an egg like the sorcerers describe. Also Chinese theory is that you are born with a limited supply of intrinsic energy, same view as sorcerers. We think that the assemblage point in the embryo is in the embryo and only relocates outside the embryo when the Ushers bring in the ordinary reality. Also some people are born more energetically powerful than others. For example if both parents are energetic and the baby is raised on the mother's milk. But don't worry if you were not born with a special abundance of energy, you have all you need if you will be careful with it. Also you will get extra jolts when your assemblage point moves. We just need to be more disciplined to guard our energy. It really does not take much energy anyway to move the point.

"Nietzsche said whatever doesn't kill me makes me stronger. That is how sorcerers think. But otherwise be careful of philosophers because they are famous crazy self indulgers.

"Recapitulation. There is no method. There is a method but it is not important whether you move your head from right to left or from left to right or set aside a regular time or a lot of time. What is important is the unbending intent to recapitulate. Then spirit will guide you into the right form and time and amount of practice. With intent, time will set itself. When you make the right intent, you will have 27 generations of sorcerers behind you. They did not all practice the recapitulation the same way, but their intent will hook you support you and guide you. The intent out there to recapitulate is constant but the method varies. Therefore:

"1. Intend it.

"2. Have an integrity about it - don't brag or compete (competition is the worst thing in the world, it is a primary support for the third cornerstone of everyday reality, the sense of self importance).

"3. Discipline order harmony. Don't be random unless you intend it. Most people make a list and work backwards.

"4. Breath. Direction not important. What is important is using the breath to pull the energy back.

"Letter came to Carlos Castaneda - 'I recapitulated last night. Can I join your party now?' Recapitulation takes a lifetime, not a night."

[end of transcription. By Swedenborg@blake.win.net]

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RECAPITULATING IN A CARDBOARD BOX AND OTHER REFLECTIONS.

Are you ready to come out of the closet? Here's the way one reader did it.

When I first decided to start recapitulating, I thought that a crate would somehow magically appear in my life. I waited --- but, no, that didn't happen. Then I got the idea of an appliance cardboard box --- which fit most of my requirements: right size, collapsible, can be stored under the bed or in the closet when not in use, easy to obtain. Most appliance stores (see Yellow Pages) have cardboard boxes which they're willing to give away.

My experience has been that it is easier to focus and concentrate in the box. I can't imagine being able to recall past memories and feelings while driving a car, although I know some people who try! Being in the box removes distractions and puts pressure on the energy body. Also, someday, when I feel that some appropriate level of completion has been reached, I look forward to burning the box. Using a box or crate which can be destroyed has this advantage over using a closet or shower (unless you're planning to remodel your house!).

Just recently I have had to examine my level of intention during recapitulation. Although I was going through the motions, I was still hanging-on to those dramas from the past. I am now trying to intend (as someone who knows she is going to die) to really give up my past history.

AN EDGY QUESTION.

Editor: We imposed on someone with connections to get the scoop on what to do when your edge is lost to a child. The respondent agreed it was a difficult question and asked for an easier one next time. Here is what this person had to say:

First, I still have my edge and no children. By the way, the first thing Florinda ever wanted to know about me was if I have children. I denied and told her that I'm not intending to change that situation. Her reply: "Very good." Later she told me a story about a person known to her, who had good ideas and intentions that she appreciated very much. But, his big flaw - from her point of view - was that his true intent was to reproduce himself again and again, and that kept him from truly embodying any of his ideas. It wasn't quite friendly what she said about him and his children. What I got from this was that everybody who has or wants children has nothing else in mind but reproducing him or herself by creating a facsimile of themselves. And that seems to be not merely a problem of biological reproduction but also a reason for ushering the child's assemblage point into the Usher's position. A vicious circle.

I don't want to discourage the readers who lost their edges, but to tell you the truth, on the occasions I heard Florinda, Taisha, Carlos and Carol talk about people who have children their tenor was "No chance". But I think this only implies that one has to get one's edge back if one wants to take the path to true freedom. Do recapitulation and take your energy back. Read La Gorda's story in "The Second Ring of Power" and see what you get from this. And be aware of your own responsibility of all your actions: if you take back your edge your (former) child will be an empty person. Accept your responsibility and go ahead. Act. What do you have to lose since you've already lost the most precious parts of yourselves?

Carlos mentions in the interview with Carmina Fort that one "shouldn't embrace one's children, at least not the front parts of the body." He says that our energy body automatically takes back parts of its own energy. So, could it be that this "shouldn't" can be read as "should" if you intend to get your edge back? I never tried this because there is no need to, but I didn't want to withhold this information from those who might have the need. Again, be aware of your own responsibility. And, there are no guarantees.

Source: Withheld

Editor: Since Carlos had lost his edge, along with La Gorda and don Juan, maybe this "No chance" really means, "No chance you'll do the hard work on your own without someone around to constantly push you." I believe that anyone truly doing the recapitulation stands a chance. Besides, what's the alternative? A lead-lined coffin? Red underwear?

MEN VS. WOMEN REVISITED

I am female and don't fit the general description of the women readers. I have read every book once (*The Art of Dreaming* - twice) and intend to read all of them again. I often use them for reference or read entire chapters. I must admit to having trouble getting through *The Fire from Within* and *The Power of Silence*. I found the women's books grabbed my attention more and have read them each twice. Like the men, I can probably tell you which event occurred in which book. Also, I intend to send submissions to each issue of the newsletter (I was a bit too slow for the last one). On the mailing list [Ixtlan] I find that men have a strong need to endlessly discuss, argue, and explain all the abstract concepts. **Men discuss it. Women do it.**

As a middle-aged, open-minded woman in search of purpose and meaning, I was more than ready for a new perception of the world when I began reading the books two years ago. I read the first eight of Carlos', then Taisha's and Florinda's - one after the other - in about 7 months. Of course, it helped tremendously that I could ask questions of someone who had read and studied them as each was published.

I am a serious Nagualist and my life and goals have completely changed since being exposed to this path. Although I want to and work hard on *dreaming*, I've found (to my amazement) that I am a stalker. I can't say that I take everything in the books as fact, but I've found that it really doesn't matter. I know this is the path I was intended to take.

I focus more on saving and gathering energy than anything else. Everything I work on is for that purpose and the purpose of my gaining the energy is to use it for *dreaming* and for *seeing*. I recently began recapitulating. I use stalking to rid myself of self-importance, to meet the challenge of petty tyrants, to see my job as a sorcery task and not a drudgery. I can stop my internal dialogue, but not easily, and I try to remember to use death as an advisor. I'm also stalking my "wimpiness" because this is not a path for cowards, as, unfortunately, most women are.

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DREAM VISITORS?

A controversial look at the images in our dreams.

This column is probably a bit premature. Chances are this topic will heat up considerably after a large body of readers have completed their first recapitulation. Taisha has said, "The most important thing is to allow *intent* to guide you in your *dreaming*..." (page 15, center column). Does this mean we can expect instructions from actual figures in our *dreams*? Or does it mean that intuition will take over?

I believe it would be good for all of us to approach this topic with a level head and not get too carried away by assuming the people or teachers in our dreams are in fact who we believe them to be. Having had a series of such dreams myself, I can honestly say that the interpretation of exactly who the person in the dream was seems to be a product of waking consciousness and not a product of the dream. In the dream, one doesn't care.

I'm not making a moral judgment here and saying, "Hey, if you say Carlos was in your dream you'll look like an idiot later when it turns out to be wrong." Any discussion of Nagualism sounds pretty foolish to begin with, a little more won't hurt anything. The problem is that if we jump to conclusions, we'll likely be feeding our own personal self and we might actually miss what's really going on. There's no benefit to jumping to conclusions.

That said, I'll take some of the heat off those who were kind enough to submit material this issue and say that I've personally had 3 dreams with Carlos in them, 4 with Taisha, 1 with don Juan, and 1 with another unidentified woman. There is also another female whom I took to be learning the same techniques as me (and she was quite cocky about it).

Now I know you're probably thinking these were just ordinary dreams, so why mention them? Here are the facts: they lasted up to 2 hours a piece without straying off the topic. In one of the dreams, the teacher, who was helping me and the unidentified girl student, decided we had had enough for the night and stopped talking. He gave us a strange look and the girl and I got into a conversation about how well she could do the techniques. But the girl and I couldn't hold the dream together without the teacher's input and he sort of smiled as the dream faded away. I believe he was making fun of the girl's confidence.

Another strange thing about these dreams is that I had partial volition during all of them. I knew I could look at my hands and go do what I wanted, but I was more interested in learning the techniques. I was taught techniques which would definitely work. I never would have thought of those on my own and have successfully practiced some of the simpler ones (which involve skipping/jumping movements for encouraging the energy body). In my own case, I'd say it doesn't matter where those techniques came from, they are excellent not-doings and all the more so because they came from *dreaming*. Practicing them results in more *dreams* about them. Who can complain about more *dreaming*?

Here is what other readers had to say on this topic:

Quetzalcoatl?

... Thanks for the Newsletter. I thought I might share this with you. As a result of my recapitulation I have made contact with other luminescent bodies & beings on the "astral plane". One has claimed to be Don Juan and the other claimed to be the original Nagual and Death Defier Quetzalcoatl. I have tested them many times and they have brought me into many unusual experiences. I hope you enjoy the book...

Source: N.Y.C., NY

Editor: This reader did in fact send a book he had written on this topic, along with this letter. I briefly scanned the book, but I would like to warn other readers that I'm not much for reading. Usually, I only read Carlos' group's books and technical manuals.

Finding your hands.

... One of my most recent dreams, for example, was of having my hands firmly in the grasp of a woman who seemed to be trying to get me to focus my attention. I got increasingly agitated as I struggled to get my hands free, and woke up shouting "Let go of my Goddamned hands!" I was angry about having to struggle so mightily; disappointed that I had thrown away such a great opportunity. For days I kicked myself with "If only..."

Source: Withheld by request

Drink 10K.

...The only dream I've had in which I may (I really have a problem with letting myself think that the following was anything other than a regular, desire induced dream, but here goes) MAY, have been with Carlos- in either a McDonalds or a Burger King restaurant! I remember sitting across from him at a table. He was reading or something and looked up at me, and I knew it was him. I don't remember much for a while, just the look of the inside of the restaurant, (usual beige walls with brown trim, and I think an orange? table top...).

Carlos was possibly wearing a dark brown or black? trench coat type thing- like a "duster" I think they're called. The only thing I remember was that he had said something to me about one of those sports beverages- like Gator aide and the like, but I remember he specifically mentioned one called 10K. The only reason I keep sort of holding onto that dream is that I couldn't lose the weird pit-of-the-stomach feeling I had after I woke up. I really felt strange when he looked at me. I had no idea what he wanted me to do (if anything) or what the 10K meant, but the next day I was getting gas at a convenience store and I saw a bottle, so I got it. It helps replace lost energy, and helps build endurance or something similar. Could Carlos have been telling me that I needed to work to replace my lost energy and recapitulate more to gain the endurance to be able to better sustain a dream with him? Was the restaurant a symbol that my main energetic inputs were akin to junk fast food? Was the whole thing just a meaningless construct of my ego and fancy in tandem?...

Source: Wilbraham, MA

Editor: I don't know, but I'm going to get a bottle of that stuff, just in case.

How to run REALLY fast.

... I don't remember the entire dream, my memory starts with the feeling that the dream had been going on for quite some time and I was just about finished learning the technique I was being taught. I was with a woman, and she was teaching me a running technique that allowed one to run extremely fast, perhaps as fast as a mile a second. The instructions were very detailed, but I'll summarize. You run at a moderate pace, and then you *dream* you are running behind your physical body, about 50 feet back. When your *dreaming* body has a complete view of the surroundings and can see the physical body running ahead, it runs faster and overtakes the physical body. It runs slightly to the left of the physical body, but not so much that there isn't an overlap. The idea is for the energy body to glance or strike the physical body, on its left side, while both are running. The energy body should be running fast enough to make a smacking collision. The collision causes the energy body to take precedence, the physical body gets sucked up, and an orange ball of light, the size of the energy body, forms a tunnel to run in. The energy body can then run faster and faster inside the tunnel, and the surroundings can be seen while running. The orange ball is always inches ahead. To stop, the energy body just slows down until the physical body comes back... This was the fourth dream I had had with this woman, the others are too fuzzy to remember, but were also instructional. Intellectually, I fancied the woman to be a *dreamer*, not a stalker.

Source: CA

Editor: As a rule, when a reader submits a technique he has come up with on his own and it's this complicated, we don't print it. You would have to see the reader submissions to understand why, the problem is that no one here is qualified to decide and some of the techniques are really questionable. We let this slip through because it was part of the topic and was necessary to show how detailed this dream was.

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Emissary or Teacher?

One night I was trying to become aware of falling asleep, and used visualizing the back of my hand to help retain awareness. After many minutes a voice authoritatively boomed, "the focus should be palm-centered." It startled me to full consciousness because the voice seemed to be mine although much stronger, but the phrasing was definitely not mine...

...[Different story] after awakening at pre-dawn to remind myself to become lucid, I went back to sleep and had the following dream: I was lying on my back in bed, and the bedroom looked exactly like mine. I opened my (dreaming) eyes and saw a woman who looked like the classic stereotypical schoolteacher (horn-rimmed glasses & hair in a bun), standing over my bed scowling at me. She said, "you're supposed to be *dreaming*, not sleeping." Then I woke up. Damn!

Source: Knoxville, TN

A group from New Mexico.

...I dreamt that I met a group of women led by a man. They were friendly, asking me what I do. My sense was that they were teachers in the Southwest / New Mexico... The new rule that is emerging is more generous.

Source: Clayton, NM

Editor: This reader's comment about the new rule was not connected with the dream. His letter included a discussion of *intent* and I liked the sound of things getting easier. This reader's opinion is that the techniques, for instance recapitulation, are only necessary because we *intend* them to be necessary, and that the Spirit wants our freedom more than we do. I don't personally know if that's true, but all of the fun things start to happen after the recapitulation is started, so why fight it?

No talking please.

... You asked if we had a teacher in our dreams. I have a teacher who sometimes appears to me in lucid dreams. At one point there was an initiation ceremony and a totem animal was received. I have little to say about this except that I do not remember the teacher and I ever talking; we just do things together. I have no idea who or what this experience is and I also have no feeling it is or is not Castaneda...

Source: Louisville, KY

Dinner with Carlos.

About a year ago a very vivid dream came to me: I was sitting at a dinner table with Carlos Castaneda and the rest of his party, as a completely accepted junior member.

I woke up terrifically energized, knowing that with effort, I could become much more than I was. The idea that I actually communed with Carlos and his

intrepid band of total freedom seekers in some other reality is very appealing. But it is also equally probable that this is how my mind chose to symbolically clothe this inner experience, since Carlos and the rest of the warriors were extremely real characters in my imagination from reading all their books.

Either way, one important result of this experience was to leave me with a greater acceptance of myself as an abstract being, and therefore opened up to a whole new host of possibilities.

Source: PA

Supermodel teachers.

...I do not know that my experiences which I am going to relate were *dreaming* and not just dreams, but they were very real to me. For years I have dreamt of being in a teaching setting. It was initially a very vague situation with vague memories. As time progressed, I would find myself being taught pragmatic things by distinct people. I would take them with a grain of salt for the following reason: All too often, the teachers were none other than voluptuous models and famous supermodels. Being a consummate ladies man, I thought that this was my indulgence following me to the dream world. A friend of mine soberly suggested an alternative: given my predilection (to beautiful women), whatever (whoever?) was spending time and energy to teach me in my dreams was given the form (by me?) that would attract and bind my attention the most. It works. (as a postscript, all that "goes on" in these lessons are learning - I'm not that indulgent.)

Another experience happened only a few months ago. In a dream, I was receiving a "last visit" from a man. From what I understood from the situation, he was to me as don Juan was to Carlos Castaneda. I have no recollection of this man from my dreams or reality. What makes this dream stand out above all my other dreams, normal and lucid, was his eyes. When he said his "warrior's good-by" his eyes were so deep and clear and aware - I cannot describe the feeling. I am still in awe. If I had to choose one event from all my known experience (awake and dreaming) of the most "alive" person I have ever met, it would have to be this man. His physical appearance was that of a very short, stout american indian. His shortness actually surprised me. He couldn't have been more than five feet tall. His skin was very dark and his eyes were deep aware brown. I can still see those eyes in my mind's eye as I did at that moment. When he embraced me his enormous energy produced an incredible feeling of well-being in me, and at the same time a profound sadness that I would never see him again. He was of immense girth, but none of it was fat! He was as firm as an athlete. His size seemed somehow to have something to do with his enormous stores of energy.

There was another man with him, but his presence was only very subtle and I only realized his presence when reviewing the dream. Both men wore winter coats (this area has fierce winters) with hoods which had the drawstrings pulled - only their faces were visible. This whole situation is definitely recapitulation fodder.

Source: Winnipeg, Canada

Editor: I'm still wondering about the motives of the inorganic beings. Maybe those supermodels are their ideal human form.

On a serious side, I've also had your experience of encountering someone in my *dream* with very alive eyes. In my case, it scared me. We also have the reader who was told to drink 10K, and reported that he felt weird because of a look. And last issue we have the person who saw pure awareness radiate from a bunch of gnats. I wonder if what's happening here is that all of us have encountered beings in our dreams that actually possess awareness. They might be allies, they might be teachers, but they are energy generating things, like don Juan described in *The Art of Dreaming*. Maybe this can form some criteria for us to test our dreaming teachers. Our *dreaming* body is probably fully capable of telling the difference between a being with awareness and one that only exists in our *intent*.

Night dream on Elm Street.

...I had another dream last night - the only thing I remember is that I was talking to Florinda on the telephone, and she had mentioned something about Elm street in West Springfield (a city about 1/2 hour from where I currently reside), and I thought it interesting in the dream that she knew the city well enough to know the street names. Well, guess I'll take a ride over to Elm Street (and hope it's not a nightmare...)

Source: Wilbraham, MA

Screaming banshees.

There is a recurring presence in my *dreaming* that shouts at me or tries to startle me. I always know what it is because I get the feeling of death; rotting flesh, bones, dust, decay. I believe that its been around interfering with my *dreaming* for a long time. The most recent episode was when I succeeded in *dreaming* 3 times in one night. I'd saved up a lot of energy before that and my *dreaming* just went on and on. Every time it ended, I'd slip back into it by force of concentration. Finally, I was looking at some things in a courtyard and a voice yelled, "GET OUT OF HERE!" I knew immediately who it was (without understanding it). I started to leave the courtyard and vaguely saw a torso composed of dusty chalk bones behind a cement window in the building. I grumbled "Shut up!" as I was nearing the exit, and the figure climbed down from the window to chase me. I was scared and my *dreaming* ended. What is it?...

Source: CA

Editor: Well it sure isn't Carlos. But his group has given us lots to think about in this area. When Carlos woke up from *dreaming* screaming, don Juan suggested a second recapitulation. On the other hand, Carlos was attacked by a type of scout not fully described by his group. And don Juan said that there were many more types of scouts than the 3 (or 4) mentioned in *The Art of Dreaming*.

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WE LIVE WHAT WE WRITE

These are the second set of notes obtained from the source pointed out to us by the reader from Finland. This is the first accounting of this lecture to be printed in the newsletter.

Notes from talk given by Taisha Abelar, Gaia Bookstore, Berkeley, California Friday night, 7:30 p.m., November 19, 1993.

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Please do not republish these notes, particularly in a commercial or public forum, since Abelar may wish to save the ideas reported here for use in her own future works. The sole purpose in sharing these notes is to encourage those people who are already developing a practice based on the works of Castaneda / Abelar / Donner to continue their practice.

I took very detailed and copious notes at Abelar's Gaia Bookstore talk. However I was not able to take down every word. If I think I am beginning to paraphrase rather than transcribe, I place the material in brackets; some of the bracketed material also includes some minimal comments from me.

The Training of A Stalker.

-we live what we write about in our books.

-there is no intention to misguide you.

-Castaneda is not all this by himself.

[trans. comment: Abelar seemed quite sincere in stating that despite persistent rumors to the contrary, the work discussed in the various books is real; and it is a full time activity on the part of Castaneda and the others; they are totally involved.]

-the First Ring of Power consists of Carlos Castaneda, Florinda Donner and Taisha Abelar as the impeccable expression of Don Juan's ideas.

[trans. comment: this was not stated in any egotistic way; I felt she was honoring Don Juan, not herself.]

-we are sorcerers constantly under attack, bombarded by the sharp shooters of the known and unknown.

-we survive by our own resilience,

-and keep coming back for more.

[trans. comment: once again, the tone was very light, not at all like the somber, serious challenging of Donner's lecture given in early 1993 at East West Books (no notes available); this was a light, lyrical delivery.]

-[our goal is / or / we are waiting for the opportunity to present itself to] somersault into the inconceivable.

-[but if your energy body is not awakened and developed, you might somersault into the unknown and never be aware of it.]

-must hone energy bodies to be aware of subtlety and mystery of the somersault or won't even be aware of it.

-[talk about energy body and the assemblage point].

-1st and foremost the world is energy.

-then forms emerge.

-then "concrete reality".

-have lost the ability to perceive energy directly.

-have gotten lost in the indexical categories.

-[proficient] at manipulating indexical categories.

-see everything as concrete.

-want to see energy again.

-people as luminous eggs, the size of the arms outstretched front and back, made of fibers of light, with the assemblage point the length of an arm back, to the rear between the shoulder blades, it is a brilliant luminous point the size of a fist, a point of awareness, an assemblage point, the point of perception, we assemble the world there; the matching of the filaments causes perception.

-the assemblage point can move:

from deep meditation from drugs from high fever from senility from sleep deprivation from sensory deprivation from natural sleep.

-what stalkers do is to fix the assemblage point at another position.

-[and the assemblage point can also move from the blow of the nagual] [then a little discourse about how drugs are unnecessary and harmful and were used in the initial stages with Castaneda only because he was a nagual and his assemblage point was so difficult to move.]

-in sleep [stalking] means hold a dream, control a dream.

-awake / a different meaning / grab onto a line - allow it to grab you - and to give it all your energy and let pull you it yanks you over there [perhaps somersault into the unknown?]

-can't go if the assemblage point is rigid [stuck in one place.]

-[to be effective as a stalker you must have energy to work with.]

-take some energy away from THIS world so that you can use that energy to stick to ANOTHER position.

-[Abelar] trained to move the assemblage point gradually, through the recapitulation, never through drugs.

-[Abelar] thought she was perfectly normal, unchanged by the recapitulation but by the end without her even being aware of the process she had shifted 1/2 of her awareness to the energy body.

-the energy body activates naturally on its own almost invisibly.

[trans. comment: Abelar explains that you do not feel different toward the world after a recapitulation; it is just that once you are done you no longer get so upset by the "little things" that used to bother you before.]

-just don't get insulted so easily or caught up in mating rituals [laughter from audience.]

-the assemblage point can also move very suddenly on its own, which can be quite disconcerting.

-the other day Carlos had to decide on a topic for a lecture; we always wait until the last moment - sometimes I write out a lecture because I am nervous but when it comes time to speak I never use it - I never know what I am going to talk about; so Castaneda was lying in bed just keeping an open mind to let intent formulate his lecture for him he was afraid to fall asleep so he got up and walked around aimlessly without thinking waiting for intent to channel down for us and for you and suddenly it came to him the whole sense of what he was going to do at his lecture and he then heard this snoring sound and looked down at his own body / and you know when you are dreaming you are supposed to look at your hand or hold on to some furniture these are tricks so that the scene does not shift and you do not go off zooming through some wall /,

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-and anyway Carlos Castaneda was so freaked he thought this is it he was going to somersault into the unknown when,

-he got immensely concerned that here he was, out of his body, looking at his body, and his body had absolutely no control over its anal sphincters, all that control was with him in the energy body and what would happen if his body just took a big crap...

-when these sudden shifts of the assemblage point happen they can injure the physical body.

-which is why Rule No. 1 is to keep the physical body in prime physical condition to withstand the onslaught.

[trans. comment: Abelar then goes into lengthy vignettes describing the "theater of the real" in which the stalker puts on a role, moves the assemblage point and plays a character so thoroughly that the stalker loses himself in the role. Her three roles, given to her by Emilito, are Ricky the gringo who is an Ugly American - a man - Abelar gets so good she is fooling everyone except the sorcerers' group; then spirit, so says Emilito, sends her the next role in the theater of the real, which is a young Mexican girl of wealthy family waiting for a suitor (there is a funny sequence where Abelar actually falls deeply in love with this defrocked former priest who is suffering from a massive "poor baby me" syndrome, and Abelar knocks him out with a punch to the solar plexus and hurls him up into a tree, thinking in her persona that since this was what was done to restore her sanity it will benefit her broken spirited lover; then the last role we learn of is that of a crazy beggar, but in this role Abelar is ignored by everyone and gets to sit around all day and watch people come and go from her spot and one day she does not see the people anymore, just energy bodies...]

-[trans. comment: recapitulation gave Abelar a fluid assemblage point; she was stalking with her ordinary body. Theater of the real was to train her energy body to stalk; intent or spirit, not the stalker, chooses the roles for the stalker to play. In her role as the Mexican girl, she really believed, when she knocked out her suitor and hauled him up the tree, that she was no longer stalking, just in love and had to help him. The other sorcerers threw a bucket of water on her to bring her to her senses. When she saw all the people coming and going to the Church in the last of her reported roles, she became acutely aware of how these people were dreadfully constrained and burdened by

the index of the social order, unable to even lift their heads up.]

-there are gaps in the social web, the social index. I saw them when I was a crazy person. You are not aware of them when you are normal. But sorcerers are aware of these gaps and try to move themselves into them. And inorganic beings are also aware of them, and use them to pop in, through the mesh. It is the social matrix.

-How to Do the Recapitulation [for the audience]:

-there is no particular right or wrong way. It has been called to our attention that Donner and Castaneda use different directions for the breathing. It does not matter which way you go, the point is to gently jiggle the assemblage point being your shoulder blades by turning the head. The most important thing is to allow intent to guide you in your dreaming or into moving the assemblage point; something will harmonize what you do.

-so you might start with a particular technique but then develop and refine it according to the dictates of spirit.

-do not hurt your neck by sweeping too far.

-when you have experience you can recapitulate while walking or doing the dishes, just sweep up little bundles of energy from relived past experiences and send back the little hooks other people have left in you.

-start by sitting, quieting the mind. Take someone from your list [of everyone you have ever known] and then visualize a scene with them when you get enough detail [you may or may not have emotionals associated with the scene?] you do the fanning breath. You work backward from most recent people to earliest people.

-don't ravage the physical body.

-avoid the butcher slicing out the categories with indexes.

-sorcerers dive dine on the left over categories sliced off.

[trans. comment: I got from this that our minds and our perceptions are brutally slicing out mere portions of reality, what will fit into our well-learned social perceptions - if a new born were fitted with those special glasses that turn everything upside down, the new born would not be disturbed since the infant has not filled the visual world into a meaningful world; but for us the upside down glasses put things in the

wrong places, since we expect sofas on the floor and light fixtures on the ceiling and not vice versa. By the time we are adults we have categorized everything and nothing is fresh and magical; the large chunks of "reality" this "butcher" of our categorizing cuts off and throws away as waste, is what the sorcerers dine on.]

-there have been [27] generations of sorcerers in Don Juan's line manipulating many indexical categories.

-can't find these indexical categories in everyday life.

-need to move out a little from familiar positions.

-the sorcerers in Don Juan's line learned hundreds of different positions of the assemblage point from the Death Defier. For example the dual dream position of going to sleep in a dream and waking up in a second dream in the same position. This provokes a real somersault into the inconceivable.

-Naguals can do double dreaming because they have double bodies; Carol can do it but I can't, Carol can do it because she is a double and has a direct line to the Death Defier.

-you should not start with such difficult tasks, just begin by looking for your hands.

-expand the parameters of our perception, get more than is allotted to us; sorcerer's slip out of the ordinary very harmoniously, into a world that is different and more, that has been infinitely better for me than this world of everyday life.

Questions and Answers: -no, sorcerers do not believe in reincarnation, although the life can be prolonged. Once the person dies the assemblage point goes out and that is it. Sorcerers try to recapitulate so they can offer a substitute instead of their awareness. Born with only a limited, preset amount of energy in life, recapitulation lets you reclaim it and in that way gives you more energy.

-every time you move the assemblage point to a new position you get a boost, that is why it is important to lose self importance or that boost can translate into egomania.

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-when you recapitulate, unhook the old extraneous stuff first; don't start with current relationships or you may sever them. [In answer to a question] don't start with your mom, this is one of the big relationships and save it for last.

-recapitulation does not mean you won't love someone anymore; in fact you may love them for the first time when you are done, since there will no longer be unfinished business, old baggage between you.

[trans. comment: Tiggs in San Francisco after the talk at East West mid 1993 said of course it was difficult to recapitulate a husband, there are plenty of people to choose from, why ask for trouble by starting with a husband.]

[trans. comment: during Q&A, Abelar at this talk said it always seems that at least one lady in the audience wants a divorce after one of Donner's talks.]

-put yourself in the scene you have visualized then breathe it in. -gently sweep.

-don't get a sore neck.

-see the energy, the filaments [this is something you might see or sense but will get better with as time goes by especially as you have more energy to work with as a result of the practice.]

-feel with the breath.

-exhale and let go [break off from the matrix of the social structure.]

-no moral judgments or narcissism.

-sometimes body gets involved - jiggle the fibers.

-turning the head jiggles the point behind you.

-can do while doing dishes.

-energy body will make itself known to you, heard by you and teach you how to breathe [in your own way.]

Question: how do we stabilize her without resort to cigarettes, drinking and bad habits.

[Abelar at first thought the question was how do these de-stabilize us; then realized the questioner was concerned not about shifting the assemblage point, but about unwanted shifts and instability; this threw her into a long discussion of boring occupations which stabilize sorcerers, such as accountancy and computer programming; how she studied computer programming; how one of her personas is a book-keeper; how all these things, if foreign to you, will shift your assemblage point; how all the group has advanced degrees; how she was a

real estate broker; how sorcerers use the cradle in the tree to restore the assemblage point. The point became do not stay outside the social order; use it.]

[There then followed an interesting question as to whether the audience can conquer death without a teacher.]

-[slight hesitation; audience thinks question is silly] yes I think so. We are at the end of Don Juan's line. Don Juan only worked with 2-3 positions of the assemblage point. Carlos Castaneda took none. We are passing on this knowledge to whoever is interested. In a sense, intent has reached out to you through the books; to be in this audience tonight; our intent sweeps you in. We are interested in total freedom, not another position of the assemblage point.

-so just recapitulate; it is the most important; activate the energy body and something will guide you.

-we have made a coming out - a line all the way to the back of the room encompasses everyone present - intent has swallowed all of us for the duration of this time.

-depending on how much you give yourself to intent,

-is how much you will get back.

-give yourself totally,

-it will take care of you totally.

-without doing.

-this is the end of the whole lineage.

-we have to do it ourselves.

-our only guide is the energy body.

-I intend that your energy point move,

-the books intend it.

-just allow it.

-if something is here for you, do it.

-I used to love to read the Buddhist sutras.

-then I got up and fought with Florinda about them.

-learn from rubbing against the petty tyrants in your life,

-or from the theater of the real.

[trans. comment: question about something heard at another seminar, that the assemblage points of Abelar and the others had moved into the body. Abelar confirms this, says she was not aware of it as it happened and feels no

different; theorizes a similarity with Taoist belief in pre-natal energy, life starting at the Tan Tien, only so much energy to live with, maybe that is why the assemblage point has come up through her perineum into the body. She wonders if this is the flower that blooms before it dies? Before she and her group go where Don Juan has gone, into the unknown.]

-we worry that we do not have enough time. Time does not mean anything to us anymore; though I still wear a watch. I mean we worry that we do not have enough energy to hold and hone our energy bodies and give these talks.

[Question on sex.]

-yes recap the sex, the foreplay, even kissing has tremendous amounts of energy in it.

[I mean should we avoid sex.]

-recap all your sexual encounters, but avoid the current ones [trans. comment: same theme as earlier, don't recap current relationships you don't want to lose...or old ones if you think you might get back together.]

[trans. comment: I think Donner is very sex negative; the questioner in the audience was apparently concerned about the notion that men leave behind "hooks" in women that disappear after 7 years of celibacy; the gist of what I got out of the exchange is that sex is ok, even if you are celibate for 7 years still recap the old sex, recap probably - my guess - solves the problem of the hooks that sex creates - the big message BIG MESSAGE was to resourcefully recover old, otherwise going to waste energy so we can live in the now and have enough energy for dreaming and to let the energy body awaken and guide us...but this could be much more my interpretation than anything else...when in doubt follow the transcription even if it is hard to follow or clumsy and come up with your own interpretation.]

[Question recap the dead too?]

-even the dead.

[Question get energy back I thought we had a limited amount just what we were born with.]

-you get more energy because you get it back [right now you have only what you have left but you can replenish your store; and the assemblage point moves always give you a jolt - keep the body strong!]

-the MORE YOU USE THE ENERGY BODY THE STRONGER YOU WILL BECOME. THE STRONGER YOU ARE THE MORE AWARE AND CONSCIOUS YOU WILL BE.

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UNINVITED GUEST, PART 1

It had been a while since my *dreaming* had been interrupted by a knock on my apartment door. I'd completely given up on checking to see who was there. There was never anyone to see. I now seemed to be free from the interruption to my *dreaming*, but to tell the truth, I kind of missed it.

The quality of my *dreaming* had changed during that time. My awareness of being asleep was sometimes so keen that the awareness itself was like a *dream*. I began to notice that my sleeping mind often gets stuck on a single idea and holds it for hours at a time. One day while sleeping, the image of the top half of a window, with something behind it, kept going through my mind. I had only enough volition to notice it, I couldn't turn it into *dreaming*, or anything else. This went on for so long that it began to be uncomfortable.

Finally, the telephone rang and woke me up. Startled, I wondered whether to answer it, or ignore it. I thought about who might call me and whether I wanted to talk with anyone. But the phone was no longer ringing.

A few days later the same thing happened. I can't remember what I was thinking about while sleeping, but I was interrupted by the same ring. This time I was sure I wasn't going to answer the phone, I even wondered who had the nerve to keep calling me every morning. I was listening to see how many times they would try to get through, when I noticed something strange about the ring. It was loud and clear, but it seemed to be behind a membrane of some kind. I could actually *see* a white surface in front of the ring I was hearing, with my eyes closed. I became suspicious of the ring. I listened more carefully.

That wasn't the ring of my telephone! It was a mechanical ring, like an old fashioned telephone from a 1940s movie. My phone was electronic and completely incapable of making that sound! I listened to one more ring, but it was beginning to fade, as if the ringer had realized its mistake and was embarrassed to ring too loudly. Before the ringing could stop, I jumped up and answered the phone. There was only a dial tone.

Source: Corona, CA

Editor: We broke this story into 2 parts because issue 3 was full. The second half is spooky.

DREAMING EXPERIENCES

Dreaming à la Florinda.

Florinda states that it's useful to return your view to your hands if the image of the dream starts to fade. According to her another method is to hold on to something in your dream. Fasten your grip on some object and you can sustain your dreaming - if you have enough dreaming-energy left. You know, dreaming-energy is sexual-energy. By the way, the technique of holding on to something if the dreaming images start to fade is very effective. It helped me on many dreaming occasions and in situations in which returning the view to my hands didn't work.

Source: Withheld at the reader's request

Editor: This reader has had personal contacts with Carlos' group, particularly with Florinda, and has volunteered to answer questions from time to time. The above answer is to question #1 from the first newsletter.

Another way to hold onto dreaming.

I'd like to add another technique which can be used if looking at the hands fails and one realizes there isn't time enough to grab something (if the dream is fading really fast). I find that I can sometimes spin around madly with my arms out. It's the same type of spinning as in many children's games. The important part is the act of flinging your "feelings" out into the *dream* through your spinning arms. This technique should only be used in an emergency. If it's used when the *dream* is not fading, it will likely cause the *dream* to change into something else. When this technique brings back the scene, it's still a good idea to drop down and feel the ground for extra stability.

Source: Riverside, CA

Editor: This technique was sent in by the same reader who suggested grabbing dirt in the last issue. I liked the fact that his technique has now been verified by Florinda. It shows that we can indeed learn on our own.

How about a Sweat-Lodge?

I would like to ask somebody a question. And my wish is this question be directed to one of the members of the Castaneda Clan: Would a Sweat-Lodge be as good for performing a dreaming task as a cave or a crate?... I wonder for instance - if such an exciting and amazing environment, this dark humid hot womb, could help to break conventional perception and stop the internal dialogue. Maybe in a more energetic and interesting way than in a closet.

Source: London, UK

Editor: When I first read "Sweat-Lodge", I didn't like the idea. But after reading your description of a dark, humid, hot womb, I started wondering where I could find one! I can't promise one of Carlos' group will be asked this question, but now you have your chance. By the way, the crate and cave are usually mentioned with respect to the recapitulation. For *dreaming*, all I can recall is a crib-like structure, hammocks, and certain body positions. Readers have pointed out that any strange environment seems to help, so I'm sure that the Sweat-Lodge would produce something the first few times you used it.

Persistent scout?

...The only likely scout image I've run into in my *dreaming* is a spider or mouse that turns into a bat. It pops out in places where it doesn't make any sense. I can't tell if it's a spider or a mouse or even a bat, because it's something so strange that nothing like that exists normally. The important part is the creepy, dark, small and dusty feeling it gives. It waits until I vaguely notice it and then transforms into the batlike thing and tries to startle me by flying up and away. Do you think it's a scout?

Source: CA

Editor: I sure do. Can I borrow it?

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Dreaming, dreaming, dreaming...

...all your questions are about *dreaming*. Concentration and not taking yourself too seriously are the keys to effective *dreaming*. Practice awake, practice asleep, then jumping worlds is not too hard. Fading is a lack of energy, a lack of confidence, an over-confidence. Reconstruct the *dream*, then move as if nothing happened. Halfway is in-between, like the upright page, suspended while being turned. Very pretty... very Zen... no good information to be had... Dialogues may be inorganics trying to trap you - be careful. Dialogues are analysis... Observe... Observe... Observe... Detach rather than trying to "shut it off". As for other women *dreamers* and stalkers, we need to hear from each other. The members of Carlos's *dreaming* group did not know that they had been *dreaming* together until after they met. We need to connect on this physical level to make sense of the work we are performing.

There. Satisfied? I answered your questions. Do I sound like I at least think I know what I'm doing? Ha! I know next to nothing...

Source: Moscow, ID

Editor: I'll have to confess that I'm in awe of this reader. I wish more women would write in. I can't figure out if this one is really talented, really experienced, or just a woman and therefore bound to make men look stupid.

She did quite a bit of complaining. It seems that she wants to hear the peripheral stuff in people's letters. I guess it's that Zen thing she's fond of. In one sense, we are all "wishing our way up" and the personality quirks of the group are of interest. But we just don't have the room. Also, we are experiencing the occasional "sharp shooters of the known" effect. Too bad it isn't sharp shooters of the unknown.

In answer to a question she asked, yes, I do think Carlos really gave that Details interview. We have had accounts of that lecture series. Also, Carlos and group had a much rougher attitude in that interview and I don't think that anyone would have made that up. People tend to put halos around those the public worships. There were too many horns in that interview for it to have been a fake.

Going back into the dream.

...My newest success is in achieving some continuity by going back to items recently observed in a dream. I am not yet going back to the same item all the time (such as my hands) but rather, am going back to the last important item of the previous scene or interaction...

Source: Withheld by request

Editor: If you use this to get back into a *dream* after you wake up, you'll be doing the technique described by the last reader when she said "Reconstruct the *dream*, then move as if nothing happened." It's an excellent way to get a 2 for 1 action out of your *dreaming* in cases where the *dream* fades away and you "wake up". Just don't move, and keep visualizing the last object you saw until it returns. Consider yourself still asleep even though you don't think you are (you probably are anyway). The trick is to keep volition across the inevitable short blackout that happens when you first use this technique.

LEDs revisited.

...I'll quickly answer the "9 out of 10" question [from the last newsletter]: 9 out of ten times when the cue is detected... that's the key. So it may be 9999 out of 10000 for all I know. Basically, there are nights where the no-vadreamer tells me its signaled me as many as twenty times during the night, and I have zippo memory of any dream that seemed to reflect that- no explosions, no lights in the sky, no sunsets/rises, etc. ZIP. However, I'm into checking as much out as time and budget will allow, and being from a technical background, a little techie gadget that would possibly augment my dreaming experiences seemed like a good idea. IT works well. My awareness of it needs augmentation. I've been solely working the recap of late, and haven't used the no-vadreamer for a while now. When the cycle goes the other way, I'll let you know of any new findings. And I paid Stephen my "debt of gratitude" with my check, especially considering that I have had much more *dreaming* without the gadget than with...

Source: Wilbraham, MA

Editor: If you're wearing that thing to do *dreaming*, you eventually make it to the inorganic beings' realm, and you agree to stay with them. I wonder if you have to wear it on your head for the 5 billion year stay?

The Cosmic Vagina?

...About four o'clock in the morning, after lying half-awake for a few minutes, I concentrated on relaxing my eyes, including the eyeballs themselves as well as the muscles around my eyes. In a dreamlike state, I saw an oval opening in what looked like a huge membrane. The membrane was as big as all the world although the opening was sizeless -- as small as a half-dollar, as large as a house, as immense as a galaxy. Beyond the opening was a roaring noise composed of every possible frequency of sound, so unimaginably forceful I did not have the strength to take even one step forward.

Earlier that night, I had a dream of being in a specific place. I decided to turn to my right and walk down a street, and had carried out my decision. So my paralysis facing the opening was unexpected. I awakened, remembered my "dream," and went back to sleep only to find myself facing the opening once again, hearing the same overpowering roar. I awoke a second time wondering why I had been unable to move closer to the membrane; at least to poke my head through the opening to see the vastness that lay beyond.

My impression was that beyond the opening was infinite dark snow, like a TV screen tuned to a channel off the air. I had an impression of organized chaos: matter and energy rendered as ultimate omni-directional movement.

Although I wished I could have seen and heard and experienced more, I knew I could not have approached without being overpowered. To have stuck my head through the opening, even while asleep, would have wiped me out either temporarily or forever. The roar was the sound of an incalculable wind -- a wind that would rip my being into irretrievable pieces. The experience was similar to some passage in one of Castaneda's books, yet it was not a dream re-creation. The opening was real, the maelstrom was real, I was real, and the experience was real.

Source: Withheld by request

Metal pins.

I was intrigued by the technique (ritual???) that the inorganic being gave Carlos for shutting off internal dialogue using pebbles or metal pins. I chose to make metal pins by taking finger-length pieces of copper pipe, hammering them flat, then filing the rough edges.

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That night I lay down with the pins pressed between my fingers, and immediately had the sensation of slight dizziness. While it was nothing like being sick, it was none-the-less, an unpleasant feeling. I also experienced an inability to concentrate or hold onto a thought, and so, decided to shelve the experiment for a while.

Several nights later I had an interesting regular dream (as opposed to *dreaming*). In the dream I was watching suitcases being loaded onto a jetliner. Several of the suitcases resembled huge copper-top batteries, like the ones seen in commercials.

A baggage handler dropped one of these suitcases, splitting it in half. It was stuffed full of marijuana.

The meaning of this dream came at once -- if I started to rely on the metal pins to change my state of consciousness, I would be chaining my awareness to physical props (addictive drugs). The pins were laid aside...

Source: PA

Editor: I developed some flavoring of my awareness as a result of using pebbles, but I still like the darn things.

Your dizziness is interesting to me because I've been trying the technique in Taisha's book where she learns to cast her luminous net. In my case, I've been doing it for a week and have made a little progress. For me, progress always comes slowly, over a long time. I'm currently experiencing a barrier of dizziness and nausea blocking my awareness of my energy body. It's like that state where you are about to pass out and you see stars. I can peer through it and vaguely see my luminous body, but I feel like backing off for fear I'll die. It's a very familiar feeling, as a child I knew it well. My point is that our Tonal puts up various barriers and often a feeling we associate with something bad is blocking our awareness of the unknown. I guess the trick is to not indulge so that you can tell the difference between something that reminds us of danger and something that really is dangerous.

Folded in half during dreaming.

As a result of recapitulating, I've been having a different kind of dream where I'm aware of sleeping, but have a single concept or image in my mind. It's like the tossing and turning kind

of dream where a single thing keeps bothering you all night, except that these dreams are very pleasant. Last night a sentence kept running through my mind as I slept and the sentence produced an extremely pleasant feeling. I can't recall the exact sentence, but it was written at the top of a sheet of paper and was something along the lines, "I've written this in answer to the circumstances of which we are both aware." I was dreaming this with great pleasure for a period which may have been as long as 1/2 hour or as short as a minute, when suddenly my body jerked in half. It felt as if something had grabbed my stomach and squeezed so hard that I folded up. I actually physically ended up with my knees against my chest (I can't do that while awake without great effort). After instantly jerking into that position, I was released and just as quickly resumed my position of lying on my left side. I woke up as a result and started to think of all of the obvious possibilities; I had just had a heart attack, some internal organ had died, etc. But none applied because I felt remarkably good. The only noticeable trace of the episode was a tender feeling in the muscles around my belly button. I felt as if the muscle in the center were exposed, with just empty space above and below it. If I put my attention on that feeling for a few seconds, I would twitch into another state of consciousness and have a quick *dream*. Naturally I was eager to play with this new experience. I found that I could repeat it over and over but I couldn't hold the resulting *dreams* because as soon as I realized I was in *dreaming*, an energy surge would wake me up. I kept it up though, figuring I'd get used to the transition. Finally, I got so hungry that I just had to get up and go eat something. After that, there was nothing left of the experience.

Source: Corona, CA

Editor: It sounds like your energy body took control for a few seconds. This is interesting because your story parallels the type of accountings in *The Eagle's Gift*, except that your experience ended just as it started. I believe that by learning on our own, we are all in the same boat. We can have the same types of experiences as those of Carlos' group, but sustaining them is much more difficult for us, since we are using our own limited energy. Our advantage is that the experiences happen as a result of our own efforts and thus we don't have to wonder what we'll do when our Nagual leader leaves. We're already on our own! Our disadvantage (in the beginning) is that the experiences are so short that they are easy to dismiss, or worse yet, it's possible to be having them without even being aware of it.

New Dreamer.

... I have only been practicing dreaming for 2 1/2 months. Since my first try I have had roughly 5 dreams that I exerted control in, and the last one, being 2 1/2 weeks ago, was by far the most realistic. It seems that they are becoming more vivid, but I can not predict or tell how I become aware, it just happens. In the last one I actually noticed a pond and walked over and splashed water on my face with the idea of seeing how real it felt... Oh, if you could also put a section about power plants that would be helpful.

Source: Pontiac, MI

Editor: It's pretty talented to have so many *dreaming* experiences in such a short time. Make sure to do something you had pre-planned, such as find your hands. You'll need a reference point to hold the *dream* together as you get more experience. Florinda says you can also hang onto *dreaming* by grabbing something if it starts to end.

About the power plants... Power plants shift your assemblage point, but so does sleeping and getting sick and falling in love. In fact, ordinary dreams create complete worlds where everything is pure intent. I never had such a complete experience with power plants. The glamour of power plants is overrated. The goal isn't to shift the assemblage point, it's to learn to shift it at will. Please notice what Taisha says about power plants in this issue and what Carlos said last issue.

This reader also mentioned a lot of other things, the most interesting of which were his questions about Not-doing. The key to understanding Not-doing seems to be the recapitulation.

"Scout speak".

...I had a conversation with a scout in a dream recently. I thought that, as it directed my attention to a world beyond a "window", it was telling me about someone other than me, saying: "If he can remember what he did and who he was in that dream, he will then stay there forever." Then I suddenly remembered that that was the way it always referred to me, that "he" was its peculiar way of addressing me. I also found myself trying to remember who I was in that dream, even though I knew it was a bad idea. I obviously woke up before it was too late... I think.

Source: Glendale, CA

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HOW OFTEN SHOULD I DREAM?

Do you wonder why it's so hard to get into dreaming? Maybe your expectations are unrealistic.

After a lifetime in the social matrix, each of us has only so much energy left to work with. And chances are that energy is trapped in the concerns and toil of the everyday world. In order to do *dreaming*, we have to find a way to free up some of that energy.

The recapitulation is a way to get back the energy spent in the course of our lives and make it available for the tasks we are all pursuing. Still, in order to do *dreaming* that energy must be *freed*. That means it must be available to focus on something outside our ordinary arena of awareness. Some of this seems to take place naturally, as a result of the mechanics of the recapitulation. Even more can be accomplished by assessing our everyday activities and placing the proper emphasis on them in light of our impending death.

There are other philosophies and techniques which imply that simple "positive" thinking or "affirmations" are enough to overcome the barriers we all face in *dreaming*. My own personal experience suggests that this is not enough. Simply saying to yourself before sleep, "I want to do *dreaming*" produces very bad results. It takes much more than that to overcome a lifetime of obsessions.

There are also people out there selling information and devices designed to help you with *dreaming*. While I'd like nothing more than for someone to develop a *dreaming* shortcut, I feel that these groups do serious practitioners a disservice by trivializing the practice and exaggerating their own results. You shouldn't set your own expectations according to anything said by one of these groups. They are selling product and will make the same kind of claims that any seller of merchandise makes. Also, because these people are involved in the pursuit of the personal self, anything they say is suspect. When people involved in lucid dreaming enjoy a particular dream, they are likely to claim they had volition, when in fact they just had a good time. Even knowing that you are *dreaming* does not constitute volition. Only a *dreamer* truly understands the nature of volition.

Being at the center of the information flow to the newsletter, it's easy to see discouragement in reader submissions. As editor, I've had the unique chance to compare reader's *dreaming* expectations with my own experiences. As a result, I've come to the conclusion that many readers feel they have no talent for *dreaming* when in fact their results may be on target for the effort they are making.

For starters, according to the notes on Carlos' Phoenix Bookstore lecture in 1993, "*Dreaming* can take only a few minutes, the rest is normal sleep." I for one was relieved to see that. In my

own case, it's a gross understatement. Sometimes, I'm lucky if *dreaming* lasts a few seconds. There are rare occasions where it lasts up to 10 minutes, but the results of these sessions do not seem to be any more fruitful than the shorter sessions. In fact, the shorter sessions cause me to hang on to every last second for dear life and I've learned some interesting things about holding *dreams* in my desperation. I suspect those lessons will come in handy someday when I need to hold onto a particular position of the assemblage point.

The frequency of one's *dreaming* is the real issue. In the course of selecting reader submission material for use in the newsletter, the frequency of *dreaming*, as stated by the reader, is often cut out. That's because it's usually imbedded in an entire paragraph "admitting" the reader's inadequacy and wouldn't fit in well with the newsletter format. The purpose of this column is to summarize this information so that readers can develop a better perspective on their own frequency of *dreaming*.

This column hasn't much to offer in the way of information from female readers. They just don't talk about it very much. I can only present my opinion on this. My opinion is that *dreaming* is not a black or white thing for women, and the statement "I *dream* twice a month" might not mean much in the female case. I suspect that the main barrier for women is interest.

The picture for men is much clearer. The frequency of *dreaming* is a direct result of several factors. One of them is age. Older age seems to reduce the frequency. With no experience, best starting results happen for those under 30. If you are much older, you'll have to work harder. Maybe the recapitulation will fix the problem.

Another factor is sexual activity. I haven't much info on this beyond reader statements that it is definitely a factor. For those of you without a sex partner and patting yourselves on the back, all forms of sex seem to count. I'd like to hear this from Carlos' group, but unfortunately I think those Playboy bunnies of the month are also a drain.

The recapitulation is also a major factor, but there is almost no point in discussing it, since all stats go out the window once a person has completed a recapitulation. One reader reported that before recapitulation he succeeded in *dreaming* less than 1 time per month. After 1.5 years of recapitulation, it was not uncommon for him to *dream* as many as 5 times per NIGHT.

The biggest factor you can influence (outside of recapitulation), is effort. You *can* increase your effort and improve. The biggest problem in this area is our lax upbringing. We haven't been reared to understand what a good effort is like. I've broken the frequency statistics down according to effort. If you make the most extreme effort as described in #5, you will absolutely, positively, get results. Anything less will likely have mixed results, depending on the individual. This summary is unscientific and is based on limited reader input, but I believe it's better than nothing:

1. No effort. You never tell yourself you want to do *dreaming* before sleep and you don't wake up frustrated after a dream because you forgot to do *dreaming*. Results: You'll probably accidentally slip into *dreaming* after reading one of Carlos' books for the first time or after a lively discussion with a friend about this topic. Beyond that, once

a year would be above average. Chances are you'll exaggerate and count flying dreams, or anything else pleasant, as *dreams*.

2. Minimal effort. You want to do *dreaming*, but you don't remember to concern yourself with it every night. Some nights you remember to make an effort and you do whatever you do before sleep. The concerns of your everyday life keep you from putting too much attention on it, despite the fact that you would like to learn to do it. Maybe you buy a taped course from another source or read someone else's book on the topic. Results: You probably won't recall more than 1-3 *dreams* a year.

3. Average effort. Nearly every night you tell yourself you want to do *dreaming*, you've read each of Carlos' books several times, you've tried shutting off the internal dialogue before sleep many times, you keep track of your sleeping position, you wake up frustrated after any dream you remember if it wasn't *dreaming*. You sincerely want to do *dreaming*, and maybe even own a few devices such as pebbles, a headband, or even an electronic device. Results: 2-5 times a year (this seems rather low, but is according to reader input and also matches my own experiences).

4. Good effort. You remember that you want to do *dreaming* every single night, you always start sleep by shutting off your internal dialogue, you sleep in different positions on the bed, in different beds or places, you watch what you eat before sleep, pay attention to any improvements and try to figure out what caused them. You also practice some techniques, such as trying to go back into an ordinary dream as soon as you wake up, or holding onto a *dream* by whatever method you have devised. Results: Once or twice a month. Sadly, perhaps even less.

5. Major effort. *Dreaming* is all you care about. You can actually feel your concern for the daily world drifting away as all you look forward to is another chance to *dream*. You don't just shut your internal dialogue off for a while before sleep, you shut it off all night long if you aren't sleeping, and are absolutely convinced that if you just get rid of the last traces you will slip into *dreaming*. Your bills are probably unopened and your sink filled with dirty dishes. You probably only have 1 pair of clean underwear left. You are hell bent on *dreaming*. Your obsession produces nightmares and tossing and turning in your sleep. You feel outside society. You never see your friends and you live alone. You keep up this level of obsession for at least 3 months. Results: You may remember as many *dreams* as 2 per week or better. The good news is that after doing this you will have learned the difference between energy and *freed* energy and will also have made a real effort, something most people never do. You will also have learned about *Intent*. Even if you back off on your effort, you will never have quite as hard a time doing *dreaming*.

I'd have to classify this column as highly speculative and based on information which is probably too limited. And possibly, there are lots of *dreaming* episodes we don't remember. I just don't know. But I believe, from reading all of the submission material, that people are thinking they aren't doing well when they're probably on target. As Carlos said, all of us can be A-1 dreamers. I'd like to add that making a special all out effort and then finding improvement as a result is a good feeling. If you can get a little better, you can get a lot better.

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CARETAKER'S CLOSET

A collection of strange objects.

Rather than leave out any reader comments that apply to Nagualism, we have created this column as a storehouse of whatever you find out there and care to send in.

Nagual in red sports car.

... After finishing Taisha's book my husband and I were driving to a town approx. 60 miles from our home. We were going to visit a friend who is also using the exercises. On the highway a small red sports car passed us. I was drawn to look at the license plate. It read, "Nagual". I told my husband to look at the plate. As the car turned off into a small drive-in lunch grill I noticed the person driving. It was a woman with wild platinum hair and a strange hat on...

Source: Goldsboro, NC

Fun with rumors.

1. Carol Tiggs has written a book.
2. Carlos' personality has become like that of don Juan just before he left our world.
3. All the apprentices left with DJ's group.
4. Toltec artists # is disconnected with no forwarding #s...
5. My favorite possibility is that the Blue Scout graduated from a southern Cal. university this summer. CC was waiting for this event. He with CT apparently raised her as their child - now as a graduate she will be independent. Carlos and the witches are now poised to leave our world.

Source: ID

Editor: This reader wants to hear if anyone can verify these rumors. Strangely enough, at the last minute two readers have reported a lot of this, but there's no room in this issue. Quickly, Carol's book is "Tales of Energy" and ditto on the blue kid. Plus, weird stories from the group.

I was having a hard enough time believing that Carlos and group were physically leaving this world. Now I have to add the belief that they snatched a blue being from another dimension and it took the form of a little girl who has now grown up and earned a college degree. Perhaps after Carlos leaves, the blue scout will take over writing books for us, and then we'll have to not only believe the books, but believe they were written by an alien.

Scout strategy.

... I would also like to state a warning for those people who have written in saying that they're looking for scouts. Remember, Castaneda almost died because of the Inorganic Beings. It would be a good idea to objectively think about how much personal power you have and determine a strategy for after you meet the scout. I had no strategy when I saw a scout and the Inorganic Beings did not waste any time in approaching after that. Be impeccable, don't fuck around with scouts without a plan.

Source: Bowling Green, KY

Editor: This is probably a good point, but most of us are just hoping they actually exist. It's hard to think about making a plan when your still at the stage of thinking, "Well, it seems to be working so far."

Fake Naguals.

... Yes there are, unfortunately, \$\$ hucksters, purporting to be a "Nagual" from the "Toltec lineage", etc. One such exists in Santa Fe, NM. I've met one of (a group of 4) these individuals, and was not impressed. My attitude on any of these 'spiritual' teachers is- they've developed their own source of income, and teach as a way to give back to the universe which has been plentiful to/with them...

...I've learned a technique which when used with awareness and *intent*, works. Basically, when we are in a physical presence of another, we have the opportunity to capture a memory of their energy pattern. This is actually done on a non-aware basis, just as a by-product of energy interaction. This is why & how recapitulation works, because all the experiences are stored as energy capsules...

Source: Albuquerque, NM

Editor: This reader described his technique in detail. It was a technique for finding a person in a crowd and may work on the same principal as the technique for finding a good "spot". He also mentioned Ken Eagle Feather (as someone did in the last issue). I forgot to mention in the last issue that Ken is somehow associated with an interview with Taisha in *Body, Mind & Spirit #6*, which is now listed in the Publications of Interest section. That interview is supposed to reveal what happened to La Gorda and the Genaros.

English construction techniques.

... It may be of some interest to you that there are a lot of Europeans who I know who also are involved with this view of sorcery, and the way that we deal with them as a whole reflects the awarenesses of our own cultural heritages. For example our doubles have different construction techniques and trainings; ie from the Holy Grails

western mystery traditions to Celtic shamans, Nordic rune wizards, Germanic Pagans and certain oriental Martial arts societies dating back well over a thousand years...

Source: Berkshire, England

The witches on TV.

... I met Jim Redfield (author of "the Celestine Prophecy" - great book) and gave him a copy of "The Sorcerer's Crossing". He was very grateful as he told me it was the only book of their's he had not yet read. He told me that he had just returned from Sedona and that two of the women were on a local T.V. show with him! Maybe you can contact the local Sedona Station and obtain a video!...

Source: Atlantic Beach, FL

Editor: I feel it's outside the domain of the newsletter staff to pursue things like this. On a personal level, we hope some reader tracks the video down and gets the TV station to make a plan to sell it by mail to anyone interested. We would post that in the Publications of Interest section. I'd really like to see that interview myself, maybe they even have a transcript we could publish, or would give permission for the newsletter to create one. Anyone out there feeling energetic?

Sex, Sex, Sex...

...(Okay, I don't want to sound like I am whining, but...) Am I the only one who is having a problem with the celibacy thing?

Not that celibacy is demanded, but there is a definite energy drain. I know that I cannot practice *dreaming* if I am having sex often. I either have no lucidity at all in my dreams (cannot find my hands or anything else I set out to find,) or my *dreaming* changes from its usual somber - slightly sad mood to something very frightful where I am convinced that I am not breathing, my heart has stopped beating, etc., etc.

Source: New York, NY

Editor: I believe that this problem resolves itself in time because of exactly what you said. What worries me more than the loss of energy, which can be recovered, is the *intent* behind sex. Florinda's comments about people who's true *intent* is to reproduce themselves again and again are very comical. It's tempting to dismiss them with the thought, "I don't want children, I just enjoy sex." The question is, what's the difference? If something as subtle as saying, "I am a *dreamer*" helps generate the *intent* of freedom, what effect does engaging in sex have?

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Continued from last page.

Fertile Ground?

... A lot of people - I found - use secrecy more as a fashionable matter of personal importance and/or self-gratifying attitude than as a (sometimes) necessary condition for the accomplishment of a special task.

Forgetting what don Juan said about secrets: it does not matter what one reveals or retains for him(-her)self, what does really matter is personal power!

To me it seems a sort of short way (with the obvious exceptions.) to claim a power which one hasn't got yet... I might be wrong but this is my genuine feeling and strong impression.

What I more like of the newsletter is its potential of becoming a fertile ground for a network of people and situations (and practical "unusual" experiences) virtually linked with the Spirit! How, when and where I don't know. It might just happen.

If I can make a suggestion: why don't you deliberately ask the receivers of the Newsletter how would they like or dislike this idea, leaving a free space of possibilities of expression (in the widest sense of the word) and transforming it into an Arena where free "games" with the Spirit could be played??...

Source: London, U.K.

Editor: I was thinking in terms of *dreaming* groups when the first issue came out, but I got into my recapitulating and *dreaming* so heavily that now I think, "who has time?"

You may feel differently, so there is now a personal ad column where people can send in whatever (within reason) they want. I'm glad you wrote this, because it gives me an excuse to point out some things that concern me about the personals column.

It's tempting to think about doing things in a group with other people, for instance *dreaming*, but without the required energy I suspect that such attempts will only lead to disappointment. On the other hand, putting all of your effort into gathering energy produces incredible results. But that's something you have to do alone. You may even start to find consistent people in your *dreaming* without any effort on your own part. There are reports of this in the "Dream Visitors?" story.

As far as the secrecy in the newsletter goes, some readers have complained that there isn't enough. Some of the most interesting submissions, notes from lectures, are provided with the understanding that we won't even print the city and state of the submitter. I agree that many practitioners of Carlos' techniques get carried away and develop even bigger self-importance complexes. But that'll pass in time. For the longest time, there was either insufficient information in the books, or imbalanced emphasis.

Maybe that lead to the gigantic egos. The newsletter secrecy is not in that category, it's intended to encourage submissions from people close to Carlos' group and also to discourage people who would get a thrill to see their name in print. Also, some people feel uncomfortable relating personal experiences. Not having their name next to them makes it easier. Now if your concern is with using your real name on the mailing list, that's understandable. It even turns out that some post offices will not accept P.O. box mail under an assumed name. Readers may use any name on the mailing list that they desire: none, correct, made up, or just initials.

When's the next lecture?

Readers often ask to be informed when the next lecture by a member of Carlos' group will take place. The purpose of the newsletter is to collect and share information submitted by readers. Occasionally, we request information from specific readers, but we never go out and pry into anyone's business, including that of Carlos' group. That doesn't mean we don't want readers to pry. Please, pry away if you feel so inclined. We do have feelers out, if another lecture takes place I would say we have a 50/50 chance of finding out. That seems to be the best anyone not close to Carlos' group can hope to achieve. On top of that, we have people in our reader list who may have even better info. If we find out, we'll send out special postcards. In the meantime, rumor has it that there won't be any more formal speaking appearances until next year.

Stalking yourself.

Just having had the opportunity to read your first two newsletters, I would be glad to share with your readers an exercise one can do that has a profound effect on the internal dialogue. For a period of one month, starting with the new moon, set aside 15 minutes each day in which you write down your entire internal dialogue. Everything. This calls for discipline even for such a short period of time. Just write it down without going back and reading what you wrote. This will prevent you from creating another internal dialogue about the one you're recording. When you've finished, forget about the whole thing until the next day when it's time for your 15 minutes. At the end of the month you can review what you've written. This is a shocking experience for the individual who wishes to have more control over their energies and eliminate some of the tremendous drain involved in a boring and repetitive internal dialogue.

How's this for a definition of discipline? To do what needs to be done, at the time it needs to be done, whether you like doing it or not...

Source: Otisville, NY

Editor: This exercise sounds like a good variation on the suggestions from Taisha in the lecture notes printed in this issue. My own approach was a "just do it" method, where over the course of about 15 years I slowly learned to

shut it off by simply forcing it on myself. It was unpleasant and there was little noticeable progress for a long, long time. I'm curious to know if this stalker's method causes a reduction in the internal dialogue or if it provides a realization that makes learning to shut it off easier?

Carlos buys land.

...In the last year I've read all of Carlos' books again + Taisha & Florinda's. After that I heard from two different sources that Carlos was in town, buying property, hanging out - It was someone else posing as Carlos. (Ha)

Don't you wish there was a school for sorcery? I do. It just seems to me that the spirit must pick those fortunate ones even though all of us have the ability within the human body.

Source: Colo Spgs, CO

Editor: The spirit gave us the books and the lecture series. We're lucky to get to do the rest on our own! Every inch of progress you make is something you can count on, unlike knowledge gained through someone else's energy.

The Carlos story is funny because just before we received this letter, I was thinking to myself that Carlos is such a heavy image in the minds of so many people, that escaping that pull to leave the world must be quite a feat. Maybe the fake Carlos types (there are others) are doing the real Carlos a service by taking over the gigantic responsibility.

Dead and buried.

... Muktananda interview. The name of the book it was published in is "In the Company of a Siddha", 1978. Claudio Naranjo was the guy who introduced C.C. to Muktananda, and the meeting was some kind of a disaster. C.C. Reports on this in the interview with Graciela Corvalán. And from what C.C. tells about the meeting with Muktananda it's hard to believe that the interview with this "shitty Baba" took place the way it is reported in the book mentioned above...

Source: Withheld

Editor: I let old Mukty bob me on the head with his magic feather. He died sometime later. I've heard of other interviews, between Muktananda and the head of another movement, which ended in trouble. For those of you not familiar with Muktananda, he believed that magic dust (shakti) was transmitted from master to disciple and could produce enlightenment. He emphasized that the stuff also concentrated in one's underwear as a result of meditation and that it was important not to change your underwear more often than every 6 months. He might be why Carlos made his "red underwear" remark. Other readers should note that this reader's "shitty Baba" comment was actually a cleaver pun based on another of Muktananda's books.

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Refrigerator plays music.

...One of the principals I like and am utilizing more & more is breaking the barrier of perception. When perception becomes a barrier in spite of its accuracy or relevance it's nice to be able to break it by allowing imagination to be superimposed, or whatever it is that takes place. I am reminded of something I read once in some of the CC books, that a sorcerer's changes are dictated by need. I mentioned the first time I wrote that my refrigerator plays music. Well, it is a low ringing sound that fluctuates in pitch and in an irregular pattern and I can't actually make out any words, so maybe it's not music, but it is a very interesting sound...

Source: Greenwood, SC

Editor: Sounds like a good Not-doing to me. This reader is also interested in applying the techniques and ideas of Carlos' group to the subject of drug addiction. Personally, I feel that would work. But you should keep in mind Taisha's warnings that people shouldn't do this half-way or else they will be worse off than before. And don't forget that some drugs (particularly Crystal Meth) produce semi-stable alternate positions of the assemblage point ("schizophrenia"), which might be worsened by a technique that makes this point more flexible. If you want to pursue it despite this, there is a personal ad column where you could see if anyone else is interested by sending an inquiry for the next issue.

Power beer.

... My college roommate and I were in a bar getting soused on beer. Finally came time for that first pee. I leaned against the wall over the stainless steel trough. I was looped enough to be fading in and out. When I finished, I moved forward without hesitation. I flashed through the wall and up to the empty chair at the table where my friend sat waiting for me. He looked up from his mug of beer. Did I imagine he reacted to something? Without speaking, he ducked his head back down. I tried to speak. I had no voice. I tried to sit, but could not budge the chair. I became aware that I had left my body in the restroom. I zoomed back and found it still leaning against the wall, dick in hand...

Source: Withheld by request

More power plant opinions.

With regards to your question about power plants, I believe you are both right [referring to the column "Psychedelics or not?" in issue 2]. It is a long and interesting subject, but briefly: I believe psychedelical plants (psilocybin and peyote) have played important roles in the evolution of humans. My own teacher states that the builders of the ancient pyramids in Mexico were inspired by a vision from mushrooms. He himself does not take them, and believes they weaken you and hurt your chances at finding freedom. I believed for a num-

ber of years that Carlos himself was taking heavy doses of datura or mushrooms, and was covering it up by describing something as bizarre as being slapped on the back. It was only after experiencing my own teacher shift my awareness in that fashion, and witnessing him do it to others, that a lot of the things Castaneda described began to make sense to me.

I think it is natural that your newsletter will attract people interested in psychoactive plants. There are probably already newsletters for that interest. I would encourage you to de-emphasize psychedelical drugs or plants (without preaching) and offer encouragement and support for those interested in doing the hard, and often discouraging work, of reclaiming the totality of the self.

I am leaving tomorrow for 9 days in New Mexico with my teacher and a group of apprentices.

Source: Davis, CA

Editor: This reader is the one who sent the notes from a lecture by Taisha in issue 2. He has his own leader who uses the Toltec techniques.

He's correct in warning against preaching, but I'd like to say that my preaching is more like the kind you'd get from a long time member of alcoholics anonymous than like the kind you'd get from a Pastor. I'm no angel. I wasted nearly 20 years because of power plants and wouldn't like to see the same happen to anyone else. Even so, power plants are fascinating (though harmful without a Nagual) and I would very much like to hear from those readers who have a leader emphasizing power plants. It would be interesting to hear the technical details from an assemblage point perspective, something Carlos never really got into.

Save your soul, avoid the seeds!!!

...I had taken some seeds of Datura (I know that was stupid, but I had to try them once.) After performing a Hermetic style protection ritual, I ate the seeds. Later that evening, I was sitting against the wall in my room looking at the red power light on my stereo, when it began to move around the room. After a minute or so of this, I began to feel sick, so I got up to turn the stereo off all the way. When I went towards the light and tried to touch the stereo, I couldn't! An invisible wall stopped me from touching the area surrounding my stereo. This, naturally, shocked me. I tried to rest my hand upon the table in my room, but it went right through the top of the table! I could not perceive of my light as tangible either. Giving up, and deciding that I needed to lie down, I turned around, only to see my sleeping form in the bed! Directly after that, the night was very vague. I had sensations of being other places and having the same trouble with objects, but it was a fleeting memory...

Source: Moab, UT

Editor: If all experiences with power plants were like this, I'd be advocating their use. If you could repeat this reliably, you could probably learn something from it. The trouble is that this experience is a gem among a mountain of garbage. Besides that, it is very common to go into a coma after eating Datura. There are sound reasons for this, there isn't much of a safety factor when using Datura. The dosage that produces a decent high is close to the dosage that produces coma or death, and plant strength varies dramatically. That's why don Juan selected a plant for Carlos from his own strain and taught Carlos to grow them and eat only from their descendants. Also, don Juan added a dosage test which he called "the first portion". Trying to take it on your own is extremely reckless, especially now that we know Carlos' group says there is no benefit. If there are readers out there who are insistent on taking the power plant detour, take a course in Mycology and go for the mushrooms. Or buy a copy of High Times magazine and order some spores to grow your own. At least your chances of killing yourself are greatly reduced.

This reader also has an interest in ritual magick, and sees much in common between that and Nagualism.

Sorry for the title of this entry. After that advice not to preach, I just couldn't resist!

Sorcery pass emphasis.

... As I understand it, the lectures given by the witches concentrate on this aspect of the tradition [the sorcery passes]. Participants apparently have a difficult time remembering what transpired, and what is remembered by one may be different than that of another. Abelar's book refers to these sorcery passes as a boost to recapitulating and storing energy...

Source: ID

Editor: We started the sorcery pass project in issue 2 as a result of this letter. Since then I have become convinced that the sorcery passes work after one has recapitulated for a while and that the details aren't any big deal. When they do work, it's very noticeable, especially the ones that stimulate the energy points. *Intent* seems to be the key, not the movement itself. Even so, we will continue to try to get as much input on the pictures as possible.

This reader also mentioned that based on what he read in the *Details Magazine* interview and other sources, he feels that Carlos may be leaving this world very soon. Taisha has promised another book and Carlos has too (in the author's note of *The Art of Dreaming*), so I hope your suspicion is premature.

Continued next page.

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Continued from last page.

But is it shamanism?

I have always understood the suffix "-ism" to be a pejorative term that means something limited or false. You never hear the expression Christianity. For that reason I do not use expressions such as Taoism or Mohammedanism. The same people who associated us with the devil called us Nagualism.

In the first NNL you said that the Nagualist tradition is different from the Shamanic tradition. It is not clear to me how it is different and I would appreciate your elucidation. Tom Brown Jr. and Lynn Andrews, who I consider to be more Shamanic, seem to use materialization to confirm the validity of a vision which Nagualists do not seem to do. Apart from that I don't see much difference. Both operate in the dream time...

Source: Louisville, KY

Editor: Shamanism seems to be a crude term used to lump together many practices which involve the manipulation of awareness. To try to find the difference between Nagualism and another "shamanistic" practice would be like trying to find the difference between hamburgers and soup when the question was "aren't they both food?"

It's more interesting to look into why this question comes up in the first place. I believe that people who have always wanted to learn what Carlos learned, and frustrated at the lack of teachers, have simply decided that it's the same as something else and have gone off to learn the something else. On the flip side, people eager to cash in on the popularity of native religions have linked themselves to Carlos as a public relations ploy. And let's not forget Carlos' detractors, who alternate between "Indian medicine men don't behave like don Juan", and "That's nothing new, it's just shamanism."

Yes, Nagualism is shamanism. But other forms of shamanism are not Nagualism. I was recently reading a copy of a magazine dedicated to "Shamanism" and noticed a couple of tributes to dead shaman leaders. One had lived a very long time, 110 years! The atmosphere seemed to be that his life was a remarkable embodiment of the principals he espoused and that he was a powerful and successful man. But if a practitioner of modern Nagualism were to die and leave a body for burial and memorial, there would be discussions by his peers as to what had gone wrong. The goal of modern Nagualism is to physically somersault into the inconceivable, leaving this world, body, boots and all. It's such a preposterous claim that I haven't seen any other groups making it. Besides that, practicing the techniques in Carlos' group's books leads to a very particular view of awareness, the personal self (ego), and the manipulation of one's world in order to enhance and develop that awareness. It's an extremely spartan, solitary, and specific practice that I

haven't seen anywhere else. There are bits and pieces here and there, but not the whole enchilada. Unfortunately, as time passes and people decide to cash in, we'll likely see more and more groups "exactly" like Carlos'.

Wave of sadness?

I've been making good progress in my recapitulating and *dreaming* but have now run into some kind of problem. I find myself extremely sad most of the day. I can't tie it to anything in particular, at least not anything in my life. It's more like a knowledge that the universe is temporary, sort of like the sadness a dying person would feel on looking at the beauty of the world. It isn't anything to joke about, I feel like crying most of the day. When it goes away, I feel quite high and happy, which is a result of my recapitulating. My mind is nearly blank a lot of the time and my senses are keen. The only possible solution I can figure is to cut out more unnecessary things from my routine to try and save a bit more energy. Maybe that will make the sadness go away. Can any of the readers with contact with Carlos' group provide an answer?

Source: Withheld

Editor: Maybe you've tapped into Carlos' sadness wave that exists in the universe. He didn't imply it should be something that lasted that long. Also, consider this: Don Juan once said that most of our Neurosis are the result of something we have put into our mouth. Aside from that, we have a reader who has her own benefactor. This is what her benefactor had to say:

"There is a profound sadness sometimes that comes from our universe from within and without. This isn't always necessarily bad. A direct brush with the Spirit can sometimes bring on this mood. Sit with the sadness, be still, it will pass, and those that feed off sadness, will move on."

Her benefactor also had comments with interesting insight into *The Art of Dreaming*, but this issue was full when they were received. We'll print the comments next issue.

Absent minded.

As a result of recapitulating and *dreaming*, I find that I deliberately focus my attention a lot less than I used to. A lot of the time, I'm kind of absent minded gazing at things, using my peripheral vision more than I used to. It feels like I'm lost in reverie, but actually the number of thoughts I'm having are less and they are more abstract. One interesting side effect of this is that some part of me isolates unusual things in the environment. For instance, while driving to work today I was thinking about something vague when I realized that I had been looking at something on the mountain. I paid attention to what I was looking at and saw a pink balloon, gently landing on the top of a mountain, quite a distance away. I had been watching it without realizing it for some time. The balloon was so far away that if there had been another

person in the car with me, I doubt I would have been able to point it out to them so that they could find it. Yet my subconscious found it all by itself. Later, as I was wondering about this, I realized I was again looking at something. This time my attention turned out to be focused on the face of a radar gun of a motorcycle cop, hiding on a side street, quite a ways up the road. Normally, if I had seen the cop I would first have seen someone on the side street, wondered who it was, looked to see, and figured out it was a cop. Then I would have noticed the radar gun. This wasn't like that, my attention was right in the middle of the part of the gun that shoots the beam without any premeditation on my part. I guess that at the very least I can look forward to less tickets as a result of practicing sorcery!

Source: Brea, CA

Editor: It's not always that glamorous. Today at lunch the person I was with said, "Aren't you hungry?" and I realized that I had been staring at the ceiling fan for 5 minutes and hadn't eaten a thing.

Things that go Bump.

I got a real kick out of the fellow's story on page nine of issue two. Here's my humble opinion—WOW!! Perhaps, just perhaps that mysterious apartment door knocker is the Spirit itself. If the still, small voice doesn't get you, why not a loud booming bellow. It sure got his attention—mine too!

I liked theory 7. —Demons from Hell ... In profound movement of the assemblage point, things can become quite Demonic.

The nagual or Nagual can come on a great wind—a wind, I have been told, that moves in all directions at once.

I'm sure In-N-Out Burger is still open.

Source: ELG.

Editor: There's a sequel to the "apartment door knocker" story in this issue. It's called "Uninvited Guest". We could only print half of the story because this issue was full. The other half will be in the next issue. It's nice and spooky!

Recapitulation like Yoga?

Yoga Meditation is almost like using the Box!

Source: Kettle, KY

Editor: Taisha has recommended meditation as a method of shutting off the internal dialogue. When the internal dialogue shuts off, strange things can happen. During meditation, this results in visions of events which resolve themselves as one watches them. Some groups call this "unstressing", others attribute it to "samskaras": impressions in one's consciousness. Some get completely carried away and call some of these visions "past life experiences." These experiences can simulate the effects of recapitulation, but a recapitulation is a systematic sweep of everything we have done, quite a difference.

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JUNKYARD OF INFINITY

*A new column created by
popular demand.*

Either everyone got the same idea at the same time, or a lot of people were thinking this way from the start and waited to see what the newsletter looked like. At any rate, the requests to post messages in a personals column started coming in just after issue 2 was complete. The result is this column, a place where you can post your messages.

Although the newsletter belongs to the readership, some type of management must prevail. We have created the following guidelines for messages:

1. Keep them short enough to take up less than 1/2 column.
2. You must provide your own mailing address for responses, the newsletter mail traffic is too great for forwarding and we do not want to give the impression of endorsement. We will not print your name or phone number. You can present those to your respondents if you desire.
3. No mating rituals or business ventures.
4. Try to specify an expiration date on your mail location for your own protection.

Because this is the first appearance of this column, we want to state the following: Although we believe there are various groups practicing Nagualism, not all with the same goals, we do not have an opinion on these situations and it is not our place to investigate and endorse or condemn such groups. Also, we feel that *dreaming* groups must occur by themselves. We welcome your valiant attempts to start them, but success or failure may be something outside the realm of our own desires and efforts. My personal opinion on this is a mixture of optimism (I hope you succeed) and pessimism (You can't start a *dreaming* group with good intentions, you have to do the work first).

We have received a lot of poetry and until now have had no place to put it. Frankly, poetry embarrasses me. I've felt guilty not printing it and am relieved to have a place to put it. From now on, if you want to send poetry you will have to specifically request placing it here and you must keep it very short. I don't encourage it, I'd prefer to see the newsletter filled with stories of hairy gorilla's arms coming out of bedposts. But then, I'm male and dense. Most poetry is written by the personal self, and is therefore the opposite of Nagualist pursuits. Poetry written in *dreaming* and snatched into the real world is a different matter. Unfortunately, no one here can tell the difference. I've always wondered how a *dreamer* manages to keep a pencil and paper in his hands all night.

For those of you embarrassed by poetry, I offer my apologies. For the rest, put on something black, grab a cup of cappuccino, and enjoy.

CONTACT OFFER

I currently practice recapitulation, stalking and *dream* work, and am studying with a Nagual, and will attempt to answer sincere correspondence if possible: P.O Box 4032, Davis, CA 95617

THE FIRE WITHIN

Within my spirit a Fire burns
it burns my heart
it is my soul
the Fire is endless pain and unbound strength
it destroys me
it creates me
like the phoenix
ever ancient and forever young
without the Fire I would be nothing
With it I am Eternal
it is the yin, the yang
it is my balance
it is the Fire that warms others
and caresses the blazing stars

Source: Bowling Green, KY. For Carlos.

POSTCARD WITH KITTENS

Hi, I'd like to tell you I'd like to see future issues without seeming nosey. What I have to say is my heart and soul reside in the land of poetry. So here's the Crystal Sea to thee. There's a crystal in a sea sending radio vibes to me. The sea in the crystal as big as eternity comes into my head when I dream. Since its saying What I believe to be the truth I'll repeat the statement disband unuseful energy & let love transmute. Blessed Bel

Greenville, MS

**New Ixtlan mailing list
address on Internet!**

**See publications of
interest section.**

Untitled

Wandering and drifting year after year,
I fall
and face death;
I journey into my psyche and emerge whole.
From this place, I see that my path continues;
I walk on,
searching for the final great teaching.
Suddenly,
a bright redness speeds with enormous force toward me.....

IMPACT

Thrust forward,
I hurtle through warps of realities and depths of psychic darkness, touching an unconscious that spans millennia.

Diffuse and ethereal mists swirl around me;
Confused and without ground,
I wrench in agony and terrifying fear.
Desperately, I reach out -----
Nothing can hold me.
Nothing can stop this forward momentum.

I am shattered.

A primal scream of terror spues from within me
and is carried by the vastness into forever.....

There is no one but myself.

I am alone in the blackness of my soul.

Bleeding and in shock,
I slowly rise,
only to stumble again and again.

Trembling and dirty,
filled with tears and apprehension,
I try to lift myself up.

Raw,

I finally stand,
and face

The Teacher.

N.D.

NOTICE TO ALL READERS

Beginning in this issue, we are using initials for some readers. The first request was made by a woman, and we thus felt obliged to honor it, since we have much less input from women. We are extending this policy to include men, but only in cases where statement of location poses a real threat to your own secrecy. We have been warned by readers in the know that some of the fake Nagual groups are very protective (of their assets in the form of student suckers) and are actually dangerous. I doubt if this is of concern to any readers, but if you want to use your initials for this or any other secrecy reason, state this fact in your submission. Be sure to repeat it with each submission. You may also use "source withheld". Also, if English is your second language, please state if you want us to remove the traces of your native language from your submission (recommended).

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PUBLICATIONS OF INTEREST

Keep those references coming!

CARLOS CASTANEDA

BOOKS

The Teachings of Don Juan. 1968.
A Separate Reality. 1971.
Journey to Ixtlan. 1972.
Tales of Power. 1974.
The Second Ring of Power. 1977.
The Eagle's Gift. 1981.
El don de Aguila. 1985. Mexican version of Eagle's Gift with special appendix by CC.
The Fire from Within. 1984.
The Power of Silence. 1987
The Art of Dreaming. 1993.

AUDIO CASSETTES

Interview by Theodore Roszac (1968) \$9.95
Can order from: AUDIO-FORUM, Suite L9, 96 Broad St.
Guilford, CT 06437 (203) 453-9794 or (800) 243-1234
The following tapes are Available from:
TEN SPEED PRESS, P.O. Box 7123,
Berkeley, CA 94707 (800) 841-2665
The Teachings of Don Juan
A Separate Reality
Journey to Ixtlan

INTERVIEWS

Psychology Today Dec 1972
Seventeen Magazine Feb 1973 ("Mysterious world of Carlos Castaneda" with CC and G. Cravens.
Time Magazine cover story, March 5, 1973
The National Observer early 70s by Bruce Cook. Magazine now defunct? Anyone with specifics?
Psychology Today, 1975 ("Sorcerer's Apprentice", by Sam Keen from 1973 interview).
Penthouse Magazine, mid 70s (anyone know?)
Psychology Today Dec 1977 (article by CC)
Interview with Swami Muktananda (1978)
In The Company Of A Siddha: Interviews and Conversations with Swami Muktananda. S.Y.D.A foundation, P.O. Box 11071, Oakland, CA 94611
Magical Blend Issue 14 (1986)
Magical Blend Issue 15
Magical Blend Issue 40 (older reprint)
Details Magazine March 1994. (Very good)
New Age Journal March/April 1994

Seeds of Unfolding vol 1, #4 and vol 2, #2
(better translation of Spanish for interviews in Magical Blend 14&15. Seeds of Unfolding is 212 area Code, NY)
Voices and Visions by Sam Keen
(book with reprint of Psc. Today 1972)
Yoga Journal, March 1994 #115. Part book review, part inquiry on subject. Nothing new.

ACCOUNTS / ENCOUNTERS / REPORTS

Harpers Magazine Feb 1973. Gwyneth Cravens writes about her encounter with CC, "Talking to Power and spinning with the Ally."
Harpers Sept 74
Der Weg der Tolteken - Ein Gespräch mit Carlos Castaneda. Book in German from a spanish interview from 1979 by Graciela Corvalán. Published by Fischer 1987.
Magical Blend #5. Comparison of Aleister Crowley and Carlos Castaneda.
Village Voice Jan 25, 1983. "Upward and Juanward: The Possible Dream" by Ronald Sukenick. A book review which also describes meetings with CC which were arranged by literary figure Anais Nin.
New Age Journal June 1985 "Searching for Carlos Castaneda" by Rick Fields.
Powers of Mind by Adam Smith (pg 324)
Conversations con Carlos Castaneda. Madrid (Spain), 1991. A book created by Carmina Fort from interviews with Carlos and Florinda, about 130 pages! Published by Héptada Ediciones.
Fate Magazine Sept 1991. "Shapeshifting - American Style" by Wanda Sue Parrott. Wanda says her Cousin Margaret married CC (jealous girls?) and she met him as a result of their relationship. She claims to have experienced a most unusual change of appearance that lasted 1 hour!

CRITICAL (a chance to talk yourself out of it)
The Don Juan Papers by Richard Demille
Castaneda's Journey by Richard Demille
Seeing Castaneda by Daniel Noel

(There are others, but who cares? Interesting rumors from a retired UC professor: 1. An anti-CC book was pulled because some UC Profs. mentioned in it considered it slanderous. 2. CC met that author at a party, the author asked him what he thought of his book, and CC said he never read such books.)

TAISHA ABELAR

BOOKS

The Sorcerers' Crossing. 1992.

INTERVIEWS

Dimensions magazine (Canada), Apr. 1992, Vol. VII No. 9. Also, part 2 in next issue?
Magical Blend Issue 40, Oct 1993.
Magical Blend Issue 42, Apr. 1994.

CAROL TIGGS

INTERVIEWS

Magical Blend Issue 42, Apr. 1994.

FLORINDA DONNER (-GRAU)

BOOKS

Shabono. 1982.
The Witches Dream 1985. (out of print?).
Being-in-Dreaming. 1991.
Ser en el Ensueno. 1992. Spanish version of Being-In-Dreaming with special forward.

INTERVIEWS

Dimensions magazine Feb. 1992 (Canada), Body, Mind & Spirit #6, 1992. What happened to La Gorda and gang! Interviewed by Ken Eagle Feather and Carol Kramer.
Magical Blend Issue 35, Apr. 1992
Magical Blend Issue 42, Apr. 1994.
Conversations con Carlos Castaneda.
(see Carlos Castaneda ACCOUNTS).

NAGUALIST ORGANIZATIONS

Toltec Artists, 183 N. Martel, #220, Hollywood, CA 90036. This is a place where you can write to Castaneda and the rest of his clan [agent's office]. It has been reported by six readers so far. Before you write here, please notice Taisha's concern that they don't have the time to keep helping the way they are. Please don't add to their burden. We can learn on our own. Rumor now has it that they have disconnected their phone. Their phone number was transmitted on Compuserve and we printed it too. I hope we didn't contribute to the disconnection. From now on, we will print mailing addresses for their group, not phone numbers.

INTERNET: castaneda-request@earth.com

Subscribing to Ixtlan mailing list (IML):
ixtlan-request@wwa.com

COMPUSERVE: New Age Forum + Dreaming

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QUESTIONS FOR NEXT TIME

Now's your big chance. We're out of questions! We still don't have any answers, but there's enough work to be done to keep anyone tongue tied. If any of you have burning questions to pose to the readership for issue #4, send them in. For now, we have only one question plus an administrative thing to ask.

We have received some complaints regarding the newsletter's appearance in bookstores. It seems that some readers sent in personal experiences thinking this was going to be a tiny, secret newsletter and have now seen their personal lives in print on bookstore shelves. Actually, the newsletter fell into the hands of some very good info sources as a result of bookstores, so it was a good thing. Besides, the bookstores asked for them. All of them except for Phoenix bookstore, that is. We sent a reader with a camera there, to shoot pictures for a future issue. We gave him a retail copy to show them where the picture was going and he blabbed that bookstores could receive the newsletter. Now they have it. The question is, was this cheating?

If we actually pursued bookstores in areas where lectures were given, we might gain readers with more lecture notes. As it is, this issue has only "old news" Internet notes. They are very wonderful, but they are nothing new to many of our readers. We could blanket Maui with newsletters in bookstores and get the scoop on lectures there. Or we could actively pursue distribution in foreign countries. Who knows what might show up?

It's up to the readership. Let us know what you think. Do we stalk lecture notes, or keep a low profile? We're asking for your opinion with all future submissions. If more than 10% of the readership feels uncomfortable with aggressive distribution, we won't do it.

That done, here's the question for next issue: Does anything (phantoms, the environment, etc.) interfere with your *dreaming* on a regular basis? When you start *dreaming*, does something cling to you or try to stop you? Do the phantoms act differently? Is your *dreaming* environment cooperative or hostile?

SORCERY PASS VIDEO?

We received input for the sorcery pass diagram project we started in the last issue. One piece of input was from a reader who had his own personal interpretation of the pass where the thumbs are rubbed together and then stroked above the eyebrows. He said that he manipulates his hands so that he can rub both thumbs together at the same time. Interestingly enough, our artist, who had never read Taisha's book before, originally drew them that way on her own. We asked her to change them. These interpretations are personal however, neither of these parties has been instructed by a member of Carlos' group. I tried it and liked it better than my own way of doing it.

A reader, who had attended the lectures and had received personal instruction on the passes, sent in a correction to the pass on the lower right of page 4 in issue 2. We decided to print an exact copy of her letter in order to show that the diagrams used to advise us on the passes need not be complex. We have lots of readers with knowledge of the passes and we want them to know that corrections need not be elaborate. The corrections scribbled on her letter are perfect. We intend to redraw the image from issue 2 after we have further input on other passes.

A further review of Taisha's book revealed to us that other techniques, described later in the book, were referred to as sorcery passes. At this point, we do not know exactly what is taught at the seminars. Perhaps it even varies. If readers are holding off on corrections because we have not pictured the passes they learned, let us know.

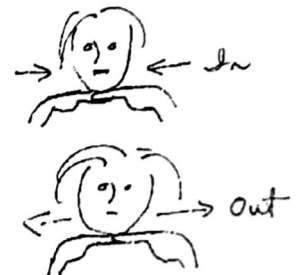
In the meantime, we have some interesting input on this topic from a reader in California. She states that a **sorcery pass** (tensegrity-sp?) video is supposedly in the works. It will be available through the Toltec Artists. She gives the same address as in the publications of interest section, except that the city is listed as Westwood (they are right next to each other). She further states that the passes may be demonstrated by the Chac Mools or Little Cousins, or both. She speculates that if a lot of interest is expressed, the video may appear sooner. We're interested, we're interested!!! I'd like to suggest that the interest is best expressed in letter form, we regret having published their phone number.

We wrote to another reader and asked what he knew about the video and the Chac Mools, and he said that the video has been discussed since 1993 and that we shouldn't consider it a sure thing. The Chac Mools are two women who have succeeded in becoming a part of Carlos' party. Also, a Chac Mool is a mythical figure from the Toltec culture. It is the same symbol used on the Toltec Artists business cards and stationary.

Here is some feedback on one of your sorcery passes (the one on the lower right page):

You should be standing in horse position (feet at shoulder distance apart, toes slightly in, knees apart, legs tight, back straight) Jut head out so you feel a pressure in the back of the neck. Jut out the jaw. Place the two index fingers together, one behind the other, push up and move back and forth to the count of 20. Helps immunity.

I look forward to your next issue.



not back, forth
fingers rub under chin.

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La Gorda, Soledad, Oliver Stone, and other controversies.

"It's wildly exciting to do something without knowing why we are doing it,"

"And it's even more exciting to set out to do something without knowing what the end result will be."

Esperanza

*From Being-In-Dreaming
by Florinda Donner*

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Is la Gorda dead and buried or did she merely disappear? Has Oliver Stone been working with Soledad? Is don Juan stranded?

A reader wrote in saying that he noticed a positive energy in issue #3. This was just about the time that we here at NNL were beginning to see issue #4 take shape. I personally was finding issue #4 to be quite disturbing, as if things had started to go amuck. Everything had been so tidy in the first three issues. In issue #4, we have nothing but disturbing revelations and contradictions. It reminds me of how I felt when I first read The Second Ring of Power. Remember the feeling? Soledad causing trouble, the apprentices reporting conflicting things from don Juan's group, the entire goal of the teachings in question. That's exactly what we have this issue.

There seem to be three central controversies that readers are reporting over and over again. It's impossible to get a clear view of what's being reported without collecting this information where it can be examined as a whole. Let's start with the story of la Gorda's death, which was first reported last issue in connection with Marilyn Tunnesshede.

Our central lecture notes this issue agree that la Gorda is dead. According to the reader who submitted the information, Carlos' group stated that la Gorda got tired of waiting around for Carlos and tried to leap by herself. She died as a result and they buried her. Those notes also state that Florinda said she almost went with her.

This information seems to agree with the account given by Florinda in the Body Mind & Spirit interview. In that interview, Florinda says that la Gorda had "an attack of such intense self-importance in 1985 that she believed she was the only one of us who could lead us to freedom. She died in a futile attempt to reach beyond her energetic capabilities."

In the Magical Blend interview, Marilyn Tunnesshede said that la Gorda is doing just fine. We have had at least 10 letters from readers who cited this as a good reason to suspect that Marilyn is not who she claims to be. I might tend to agree myself if it weren't for the fact that the members of Carlos' group have also had trouble giving a consistent story.

For example, last issue, in the headline story, we reported the comments of a reader who has had direct

contact with members of Carlos' group. He reported that both Florinda and Carlos had stated that la Gorda died in 1985. According to this reader, Graciela Corvalán, who had been in contact with la Gorda as late as 1984, expressed doubts about this story, even though it agreed with the last time she had seen la Gorda. The main problem with this 1985 date is that it disagrees with the information given by Florinda in the Body Mind & Spirit interview. In that interview, Florinda tied the loss of la Gorda with the return of Carol. Our central lecture notes say Carol returned in 1983. This return date for Carol also pushes back the lecture Carlos gave at Phoenix where he found her. I had the impression it was in the 90s and got a similar notion from a manager at the bookstore.

Continued on page 27.

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ZOOMING AT THE SECOND GATE

One reader gazes his way to the second gate.

I *dreamt* at the second gate for the first time today. I wasn't sure if I was ready, and I didn't even know if it was possible, but I gave it a try and it worked!

I didn't have any criteria for deciding when to start work on the second gate. In Carlos' case, he had don Juan to tell him. We don't. Worse yet, we even know about the other gates before we have gotten to them. I wanted to be serious and do things right. I didn't want to jump the gun for ego reasons. I decided to use as my standard, a goal of success in *dreaming* every single day.

I'm still far from daily *dreaming*. Maybe it's the sex thing. Although I haven't had sex with anyone else for years, well... you know. I've been trying to cut back on that too. I keep remembering a quote from Carlos' group in the newsletter lecture notes: "We don't want to be masturbators."

Last week I started to *dream* so many times in a single night, that I really began to question my goal of daily *dreaming*. I started to wonder if *dreaming* as many as 7 times in a single night wasn't second gate *dreaming* anyway. After all, if you manage to get back into *dreaming* after it ends, by concentrating on going back when you wake up, and if you do it over and over again, isn't that the same as waking up from a *dream* into another *dream*? I never did figure out if that was the case, but it did make me start to question my criteria.

Then this morning I finally dared to try. I was *dreaming* that I was back in high school and that I was walking around taking notes on my little notepad so that I could recapitulate those events later. I do that a lot in the real world. But it didn't make much sense for me to be doing it in my *dream*, so when I took the notepad out of my pocket to write something down, I realized I was in a *dream*.

I started to walk around and look at items, and then I remembered that I was wondering the night before if I would be able to remember to try the second gate techniques at my next *dreaming* opportunity. It wasn't that I had planned to try it, I was just wondering if I would remember. Then I realized that I did remember, and I was in *dreaming*. I stopped walking and looking at items. I looked around and wondered if I had enough energy to try it without waking up. I didn't want to waste a perfectly good chance to practice first gate *dreaming*, but things looked so clear and stable. I thought I could risk it. I felt that a couple of minutes of effort wouldn't cause me to wake up or lose volition.

I thought about the three ways Carlos had said it could be done. I could only remember two. One was to wake up from the *dream* into another *dream*. I was sure I could wake myself up, but that sounded really risky. I felt that I would most likely

wake up into the real world. I decided to try the other method I could remember; gazing at a distant object until I was pulled over to it.

I looked into the distance and saw some mountains. They were the kind of mountains I used to play on in my childhood, so I had a good feeling about them. I wanted to pick a big rock on the mountains, but I decided on an obscure tree I saw. As I gazed at it, I wondered why I had picked that particular tree, it was so insignificant against a landscape with so many huge boulders. Now that I remember the *dream*, I know exactly why I picked that tree. It was glowing with sparks of light. I didn't notice that in the *dream*.

I gazed at the tree for about 5 seconds, and then it started to change. That was what always happened in my *dreaming* when I looked at something for too long. Ordinarily I would have stopped at that point and gone back to my hands. I felt a peculiar pressure, and the object "wiggled" or "bulged" a bit. I worried that I was going to lose the *dream*, but I kept going.

The pressure built up even more and I felt a very mild tingling in my body. It wasn't particularly noticeable and probably not that important. But the object seemed quite a bit bigger, being off in the distance as it was. I felt a tug of some kind. Or rather, because my attention was focused on the tree in the distance, and because *dreaming* attention is prone to be able to move closer to an object in a visual sense, I felt like the tree was coming closer to me. But it was stuck to the mountain, and the result was a tugging pressure.

Everything but the tree was out of focus, and I felt movement. I sensed that I had to let go, but I didn't know how. I was pulled a few clumsy jumps forward. I realized that I was inside the cafeteria of my old high-school and was looking at the mountain through a large glass window. I couldn't get pulled forward much more without smashing into the window. I decided to chance it. I let go.

I was floating through the air towards the blurry vortex with the tree in the center, tugged by my own steady gaze. I began to pick up quite a bit of speed, and I heard the sound of a gear driven machine accelerating. It was a whirring sound combined with a feeling of a breeze. I winced as my face hit the glass window, but I was pulled right through it. I zoomed at an incredible speed towards the tree on the mountain. I remembered Taisha's comment about zooming through walls.

As I sped towards the tree on the mountain, my body automatically assumed a position with my arms outstretched in front of me. I was traveling so fast that I worried I would wake up, but my steady gaze on the tree seemed to eliminate that as a possibility. All of my attention was fixed on the tree, and I intuitively felt that made it impossible for it to go anywhere else, even to the waking world.

As I neared the tree, I slowed down. I overshot the tree and landed about 15 feet beyond it, above it on the face of the mountain. I must have lost a bit of my volition at that point, because I felt obliged to turn around and look at the tree. Then I realized that I had no obligation to worship the tree and could continue with my *dreaming* as normal. Since I was already looking at the tree, I used it as an object and then looked back at my hands. Then

I decided to give the tree a big hug anyway, afterall, it was responsible for my first success.

I decided that this was my favorite type of tree. It had smooth branches, and delicate leaves. I thought it was a manzanita tree, but it probably wasn't. I looked up into the branches of the tree, but I saw cactus leaves instead. The tree was definitely not going along with my love fest, it was changing into quite a grotesque tree. I decided to give up on that and continue with normal *dreaming*.

I turned around, looked at a few more items, and then I got a surge of confidence. I didn't have to ever wake up! Don Juan had said so! I could zoom from image to image without any risk of waking up! I felt suddenly empowered with skill and concentration. I believed that my gazing made it impossible for my attention to leave the *dream* world. I reasoned that if I just kept zooming from place to place, I couldn't possibly wake up.

I looked over at the next mountain to find something at which to gaze. I decided to go for one of the boulders. I saw one that looked like a woman's face. In fact, the one next to it had the definite features of a woman too. As I looked at that area of the mountain, I realized that all of the big boulders bore a resemblance to women. I looked further up that mountain, above a ledge, and I saw one that had the features of a man. Around it, all of the boulders had the features of men.

I picked one of those. I gazed until it pulled me, and this time I voluntarily went along. I deliberately started to run, hopping like a big fat turkey that weighs too much to fly. The boulder just wouldn't pull me the same way. I wondered what was wrong. The *dream* started to fade and I woke up.

It's probably silly to make generalizations based on a single try, but I think that I learned the following from my first attempt: Second gate *dreaming* is always waiting for a *dreamer* because objects inevitably tug on the *dreamer* who gazes at them for too long. It's such a natural thing that it's unavoidable, no one should worry if they will get there.

When using the tug method, don't try to help the process. Let the object do the pulling. I think my second attempt failed because I wasn't gazing, I was trying to run to an object. Also, pick something that stands out on its own, don't try to pick something you think you should pick. Something that stands out will make gazing easier.

Source: Withheld

Editor: We've always wondered why we haven't received any second gate *dreaming* accounts. It's odd that this is our first, because people are always writing in about scouts. But don Juan said there was no chance to isolate a scout without practicing the second gate exercises. Either people are grasping at straws, or they're holding out on us.

In a prelude to this letter, this reader wondered if sharing this type of information was a good thing, or might actually cause trouble. He reasoned that some would read this and decide to skip to the second gate before they were ready.

If there is one criticism of the newsletter for which we have no defense, this is the one.

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SORCERY SCHOOL

School is now in session, but tuition is high.

Last issue, a new reader sincerely stated a desire for a sorcery school. At the same time, information on such activities started coming in. As you may recall, the stated purpose of the newsletter is to explore and investigate the possibility of participating in the practices described as modern Nagualism. It now seems that there are lots of groups describing themselves as Nagualists. This shouldn't be surprising, don Juan's description of the Nagualist community included a wide range of behavior, from the egotistical old Toltecs, to the post conquest copycats with no real knowledge. The number described as being exactly like don Juan's was a mere handful. Aside from that, there is a lot of public interest in the topic and it's surely a marketable commodity.

I believe that we have readers who follow each of the groups described in this column. I don't want to offend anyone, so everyone should keep in mind how ruthless we have all been about Marilyn and expressing our opinions on her. We haven't printed half the comments about her. We ought to feel just as comfortable talking about any Naguals who pop up, just as we should all feel free to lay into Carlos' group if that's the way we see it. It's our lives that are at stake here, let's not be self-important idiots.

One of the hallmarks of an esoteric teaching that doesn't work is student touchiness. For instance, if you traveled to a tribe on the mountain tops of Brazil, and they didn't believe that cars existed, you wouldn't take offense. You ride in cars everyday. You would simply find it amusing. But if you'd made up the car, or belonged to a group that invented it as part of a group identification and purpose, you would certainly take offense. The same's true here. If you're touchy about it, maybe you have doubts.

For starters, we have been sent information on Victor Sanchez, author of a couple of Spanish language books claiming a tie to Carlos. It seems he had placed an ad for his seminars (which cost money) in a Mexican new age magazine. Somehow Carlos himself got wind of this ad and placed his own on the same page. It was hand signed. It read (translated from the Spanish original):

To the readers of Carlos Castaneda and to the public in general

Carlos Castaneda declares that he is NOT responsible for any acts and projects of any of those groups or persons without his explicit authorization who claim to be his apprentices or students, neither for those who use his name or the terms and concepts belonging to the teachings of don Juan - no matter if their goals are altruistic or if their goal is profit - in seminars or publications.

Carlos Castaneda

We were sent a copy of this advertisement and we compared the signature to that on Carlos' signed first edition of *The Art of Dreaming*. Not surprisingly, the signatures did not match. That devil Carlos doesn't even let his signature slip out! Readers may recall that Time magazine supposedly printed authentic pictures of Carlos, but they turned out to be fakes.

The reader who sent this info pointed out that this advertisement statement included even the newsletter, and we completely agree. Carlos and group may in fact hate the newsletter. We don't know. Our only consolation is that we might qualify for his altruistic category.

The information we have on Victor (besides the ad story) is as follows: He has authored at least two books in

Spanish. One is called, *Las enseñanzas de don Carlos* (The Teachings of don Carlos). Another is called, *Toltecas del nuevo milenio* (The Toltecs of the New Millennium). They are both published in Mexico, and my information states that Victor claims intensive contact with Carlos (implying that he is an apprentice, but he doesn't state this). He does charge for his teachings, but the only info we have on the amount is "a lot". We have the insinuation that power plants are part of his teaching, but we can't verify this and it may be entirely incorrect.

Several readers have asked about Swift Deer and his cohorts. This triggered an information submission by a reader who seems to have the scoop on everyone. If you ask, he'll investigate anyone. This reader has had a lot more personal contact with Carlos' group than most readers and is very clear about his dislike of Naguals that charge. For this reason, I'd advise readers to abstain from mentioning their particular leader unless they don't mind having him compared to Carlos. We really do have an obligation to print most information we receive. If you ask us not to print info you send, we absolutely will not print it. But if another reader sends in the same info for use, we'll honor his request to print it.

Our source states that Swift Deer's group charges between \$500 and \$700 per weekend, and students pay for instruction all year round. Seminars with Swift Deer in the States or Mexico were about \$3000 in an offer sent to this reader in 1992. Swift Deer's "Nagual", Tom Wilson, who was rumored to be don Genaro, died. He even had children. Carlos' books indicate he had no children and didn't die.

They have printed photos of Tom Wilson, with eagle feathers and other Indian ceremonial garb. Our source tells us that they also claim that Silvio Manuel is Gus Gray-mountain and that the Nagual Julian was also a teacher of Swift Deer. As far as this reader knows, they have not mentioned don Juan. Not surprisingly, their teachings are totally different from Carlos' group. Their way is ceremonial medicine and rituals, according to our source. You have to pass certain gateways (something like changing classes in school) to proceed. And before you have reached the 6th gateway, where you will have earned the title of Medicine Person (or something similar), you will likely have spent thousands of dollars.

In issue 44 of *Magical Blend*, a full page ad for don Miguel Ruiz's Sixth Sun foundation is on page 5. Simply stated, the ad lists a seminar at \$900 and two tours at \$2250. It states that he is a Nagual of the Toltec tradition who learned from his mother, "passed on" grandfather, who now teaches him in his dreams, and a desert sorcerer. He's preparing the world for a transformation that was predicted in the Mayan Calendar. An interview with a student of his was sent to us. It seemed to be in a publication called *Llewellyn's New Worlds of Mind and Spirit*, Nov 1993.

The interview was with Dr. Susan Gregg, who had an advertisement for a book she is selling, complete with 1-800 number, next to the article. The book is *Dance of Power, A Shamanic Journey*. A review of this material, plus the advertisement, makes it obvious that don Miguel is using or teaching the same material as don Juan's group. In fact, it's such a close copy that it makes one a bit suspicious. For instance, his advertisement says that "Their system of teaching involved three levels of mastery: Awareness, Stalking, and Intent". It almost sounds like a book review for *The Fire from Within*. Likewise, the article has don Miguel directing Dr. Gregg to gaze at shadows and warns about inorganic beings attaching themselves to feed on emotions. There is also an account of her sensing the presence of death nearby, and feeling like fleeing. It all seems to be a re-enactment of Carlos' books, formula style. But everything isn't exactly the same. Don Miguel's ad implies that being a Nagual is passed from father to son. Delia said the new seers never do that. And while don Juan warned his students not to visit the Toltec ruins, don Miguel is selling guided tours of them. Also, Carlos fed fake photos to Time magazine, but don Miguel features his image at the top of his ad. Dr. Gregg's attitude toward the teachings is also different from that of Carlos' group. While Taisha warns that dabbling in sorcery can be worse than not practicing it at all, a blurb on the ad for Dr. Gregg's book states, "Learn how to be happy, no matter what is happening around you." My own experience agrees with Taisha, if you seriously practice sorcery for a while, you won't easily recommend it to your friends.

We also have 2 reports of criticism from don Miguel's group, directed at Carlos. The gist of it was that Carlos' understanding is lacking on a few topics. I had heard that Marilyn said that too, but it didn't come out in the article by her. She has another coming in a future issue of *Magical Blend*. Now I know it's childish of me to jump to Carlos' defense, but I'll do it anyway. Carlos' books are about don Juan's teachings, not his own. They don't mention anything at all about his own view except as it relates at the time of the story. So what is there to criticize, unless the party making the comment claims to know Carlos personally? Or do they mean to imply that Carlos made up don Juan, in which case the whole thing is a hoax and what are they selling anyway?

Please don't get me wrong, I sincerely wish don Miguel's group the best of luck. If he starts throwing people onto the sulfur plane, body and all, I'll be driving for San Diego as fast as my truck can go, cash in hand. We have several readers who follow him and their comments range from superlative to luke warm. The one's that love him are very well versed with Carlos' teachings, and obviously not naive. The one that was luke warm mentioned don Miguel in the same paragraph as his Novadreamer, apparently seeing both as being tools to an end. We aren't clear if paying for the teachings is absolutely mandatory for all, but it seems to be the rule for most. For those who want to check out don Miguel, I suggest you research if he was teaching recapitulation before *The Eagle's Gift*, or emphasizing awareness, stalking and intent before *The Fire from Within*. That would be absolute proof of his authenticity as far as I am concerned. But don't ask his students. Members of groups are notorious for passing on rumors which have no apparent source.

Our eyes widened when a reader sent us a seminar announcement for a man called the "Tlakaalel". The seminar was called "The Prophecies & Medicine of the Mexica Tolteca". It stated that Tlakaalel is an indigenous elder from Mexico, a master of the oral tradition, and founder and director of the Kapulli Koakalko, a spiritual school and community in Coacalco, near Mexico City (and near the Toltec ruins). It said that the name Tlakaalel is a title, a spiritual grade that he received in 1947, and that there was only one. Their goal is to preserve the Mexica Tolteca culture and to rebuild the ancestral cultures of the North American continent. It further said that he was joined by Tonal (Juan Salazar), who assists and translates for him. The announcement mentioned the prophecy of the dawn of the Sixth Sun, perhaps the same prophecy in which don Miguel is interested. The Tlakaalel expressed a heavy concern for the condition of the planet, citing earthquakes as an indication of something bad happening.

We wondered if this could be some form of Nagualism and contacted someone who makes a hobby of looking into these things. He said:

...This Tlakaalel seems to be an Aztec, for his words are Aztec Nahua and not Toltec Nahua. The Aztecs call themselves "Mexica", and "Tolteca" isn't a word describing a culture, but means "artist" (or exact meaning: "master-builder"). Maybe Tlakaalel is some kind of title, but I doubt it. A man of knowledge is called "Tlamantini" ("He, who knows the things") in Toltec Nahua. Kapulli (again Aztec Nahua: "large house"), may mean anything. If he's a sorcerer at all, he's probably of that kind don Juan mentions in *The Fire from Within* - those who inherited certain Toltec techniques, but not the inner knowledge. On the other hand, I might be dead wrong...

Separate from this, we have reports of a large school in Canada, with hundreds of students, and organized class levels. We don't know the nature of this school but they do emphasize Carlos' material. Students seem to feel a sense of pride at advancing through a given class level, and titles of some form seem to be part of the offering.

We also have a report of groups led by Luis Molinar who describes himself as a Nagual guide and teaches recapitulation in the Boulder, CO area where there are at least 3 groups of 5-7 people studying under him.

Then we have El G's group. Her benefactor has provided some material for the newsletter, making it possible for you to reach your own conclusion.

That's all we have on other groups. If anyone has more info, we'll be grateful to receive it. Corrections are also welcomed. We don't want to print anything false. Those reading this article should be sure to check the next issue for any facts which are in dispute.

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RECAPITULATING EXPERIENCES

Black out!

...I haven't done this [recapitulation] with any regularity or frequency. The list, still incomplete, was a pain at first, but then names started popping into my head "out of nowhere." I'm not consistent with the direction of inhale/exhale and usually wait until 11:00pm or later to start. Often - after a short while - I "black out" into a dreamless sleep and "wake up" minutes later with the original direction reversed. Sometimes I hear a loud bang like a gun-shot just before waking up. The noise has the quality of being both internal and external at the same time. I seem to know that the noise isn't gunfire - although there is a lot of that in this neighborhood...

Source: Altadena, CA

Editor: If I were you, I'd try to get that black out as often as I could. It's only obvious what's happening. I'd be willing to bet it isn't as dreamless as you think!

Recapitulating your way into the second attention.

...One thing I feel is overlooked in the newsletter so far is the fact that the recapitulation leads directly into the second attention. Everyone talks about it as a way to store energy for other things, but I find that the surest way for me to get into *dreaming* experiences, and other odd happenings, is by recapitulating. They happen during recapitulating, not after! How come no one else is mentioning this?...

Source: Withheld

Editor: We always reserve a lot of space in the newsletter for recapitulation experiences, and then find the input to be starved of them. I think the trouble is that a lot of our readers have just started recapitulating, and a lot more are still viewing it as too much trouble. And it wasn't mentioned in the books until *The Eagle's Gift*. A lot of readers have simply fixated on *dreaming* and the behavior aspects from *Journey to Ixtlan*.

And then there's another problem. People just seem reluctant to call a spade a spade. It's like the guy who's blacking out. It sounds pretty obvious that he's entering into the second attention and not remembering it. I think that people are reluctant to claim anything so vague. Carlos has emphasized that *dreaming* shifts the assemblage point, but recapitulation was not emphasized as a method in itself.

Impractical recapitulation.

... I have tried a few of the techniques (with little or no success), I've no clue as to how to practice within the context of everyday life. I did a recapitulation as part of an uncrossing ritual and could tell that it was an energizing practice, but sitting in a box or cave for long periods of time was too impractical and daunting...

Source: Belleville, IL

Editor: I suspect that you would be hard pressed to find someone with a lot of recapitulation experience who would describe it as impractical. It may in fact be the only thing that makes all of this possible.

But if you want some practical advice, one thing that has emerged from the newsletter is the idea that you only have to spend a little time in a quiet place, until you get some experience at recapitulating. Then you can do it while doing other things, such as washing dishes or riding in a bus. Several readers do it while driving, including myself, but I'm reluctant to recommend that too readily, because it does interfere with driving. But think of this, what if you got good enough at it to fit it into something else you already have to do everyday? Then you could learn sorcery just by doing what you already have to do. It would take up none of your time. How much more practical can you get?

Does recapitulating make you happy?

...I've almost finished my list. I'm using the outline feature of a word processing program. This way I can quickly create new categories and sub-categories and reorganize them on the fly. I'm finding that it's better to not waste time trying to create the perfect categories ahead of time, but just get the information down. There seem to be three major *kinds* of categories: People, Events, Places (I don't have any specific categories with those names though). Sometimes a person's name goes in all three areas. I'd probably remember if I recapitulated them, and I'm sure it wouldn't hurt to "do" someone more than once anyway; the different category presents a different context and thus opens up more possibilities of recall.

Since I'm sure I'm forgetting a lot of people from my earlier years (before Jr. High School), I've asked my mother to make a similar list for herself, focusing on memories of that time at first. She's intrigued and willing and will let me use her list to trigger my own memories.

I did a little recapitulation last year with just my ex-lovers list, and found that the experience got quickly more vivid as I did it over a few days. I was intrigued that it wasn't just the *person* that contained all the energy, but the entire scene, and

sometimes a trivial object - an ashtray perhaps or a picture on the wall - that contained the most energy. I will be starting the full task very soon now.

Some questions: For those that have recapitulated for a long time: Does it help you feel *happy*?? More alert and energetic? Are there benefits beyond concentration and *dreaming* ability?

Also, what exercises from the books have people used and what are the results?

Source: Oakland, CA

Editor: The trouble with this question is that "happiness" is a social concept. Recapitulating separates us from our social ties. There was some hugely important Greek philosopher who is often mentioned in connection with defining happiness. I think his definition had something to do with grandchildren and being so old that all you could do was reminisce. Perhaps by an average person's definition of "happiness", recapitulating makes you miserable.

I'd say that recapitulating can make you high, make you dizzy, make you think things so strange that you can't remember anything about them a second later. It makes you remember things that never happened, but it also makes you remember really wonderful things, like the feeling of having salt water soaked into your ears, the sun shining on your face, and a steady breeze blowing through you, when you were 4 years old. It also makes you colder and more indifferent to people's feelings, but able to give the appearance of being a very warm, sympathetic person. It makes shadows feel like they have secrets and the wind sends tingles through you. So, does it make you happy? Happy is too vague of a concept to apply.

Hotel Closets.

...Recapitulation in a hotel closet is an amazing experience. I was recently on business in New Jersey and had the opportunity to take the desk chair of my room and plant it in the closet. It fit with about one inch to spare on either side. Lights off in the room, and closet doors closed, a several hour recap session seemed to go by VERY quickly. Most unusual feature: unlike the normal effects of recapitulation, these nights I dreamed more. No actual *dreaming*, no lucidity, etc., just regular dreams, but significantly more, and more vivid. Maybe it was just something in the NJ water (sorry NJ readers!)

Source: Wilbraham, MA

Editor: Maybe the pressure on the energy body is also a trick to make the time pass more quickly.

Continued on next page.

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Another use for bushes.

I have found recapitulating to be powerful and cleansing. As you pointed out in your first two issues, the actual practice seems to be less important than the intent and consistency. I have recapitulated outside under a thicket of branches quite successfully, as well as in small rooms, mountain tops, and tipis.

As part of retrieving past energy expended, I have been using an intense vibratory approach. Once I have swept the scene fully, then I deepen my visualizing and express all the emotions and feelings present at the original moment, but had not been aware of, or had withheld. I also include anything I now feel strongly, while in the presence of the moment being recapitulated.

I have recapitulated scenes where I fully expressed the rage and hate I had held in at the time of the scene, vibrating these fully to release, and then also swept back all this energy. In my experience, bringing the voice, arms and whole body into the process intensifies both the experience and the result. I have found that often the most significant energy in a specific scene may have been totally withheld at the time and to recover this energy I have needed to express it fully in the recapitulation.

Sometimes this approach takes longer, but feels much deeper. A single scene being recapitulated can often take nearly an hour to fully complete. Scenes that were abusive or crisis-like can take hours and often multiple sessions. But by more fully entering the moment in this vibratory manner I have felt the energy recovered to be dramatic. Keeping the intent of drawing back all the energy I expended and releasing anyone else's energy, while vividly expressing through the whole moment, seems to be key.

Source: Bayfield, CO

Editor: There's been an emphasis on being creative like this in the magazine interviews. Something like "see yourself doing all kinds of things energetically", "be imaginative", etc. On the other hand, don Juan told Taisha not to talk to herself because it made proper breathing impossible. The main thing seems to be that doing the process teaches one how to do it better, and it's up to all of us to personalize it through practice.

Fluidity phase.

I've started a second recapitulation, having completed my first. My first was a list based one. I followed all of the rules, but I was so anxious to finish one that I didn't get as much detail as I could have gotten. I covered all events I could remember, but I didn't take the time to try to reconstruct small details such as what people were wearing, all of the objects in the room, etc. I completed my full list, after 2+ years, but still find things to add if I go out in the world and look for them. Your

comments on the grocery store (finding items to recapitulate while shopping) are an understatement. I've found out that if you can recognize an object (and you always can) then there are memories associated with it. Because of that, the list never ends. In my case, I can't think of anything to add on my own, without hours of straining to find something new, and that isn't a very productive way to continue. So I've gone to the second recapitulation and I let the spirit go back and select topics to review. When I find old events I missed on my list, I usually recapitulate those on the spot, wherever I happen to be. Antique stores hold a wealth of this kind of memory, but it isn't wise to overlook sensory situations, such as a foggy day.

This time I've been going for as much detail as possible, trying to find all of the imagery associated with each event. I've discovered that going for more detail develops concentration. Specifically, it helps one hone in on a very specific memory. I guess that's what they've been talking about when they classified the recapitulation as a stalking exercise, one that helps us learn to hold a specific position of the assemblage point.

But the most surprising thing about this second round is the topic. A topic doesn't come to me right away. I have to hold my internal dialogue off for quite a while. The topic slowly drifts in, starting with a feeling about a particular person, on to their face and body, and then to something they said or did. When I get to that point, I can walk around and actually look for things I didn't remember in the first recapitulation. Since I start with my internal dialogue off, these recapitulation topics eventually turn into dreams and I go off into unthinkable events that could never have happened from my normal point of view. I usually can do only one topic per session because I get lost in the memory of something very detailed and strange that never happened. Recapitulation ends when I find myself waking up from a strange dream I had while not asleep.

My first recapitulation increased my *dreaming* frequency by at least 20 times, but since it started at once per 6 months, that wasn't good enough. I'm not satisfied to *dream* only once a week.

Source: Lake Elsinore, CA

Editor: It sounds like the name "Fluidity" is more than just a description of how the topics are selected.

Can't remember ANY dreams.

... I have a rather strange predicament, as I know that everybody dreams? Supposedly...

I can't remember my dreams! I don't recall images, colors, nothing!... How can I start remembering my dreams?...

Source: Biddeford, Maine

Editor: It's so tempting to turn into the advice man, I have to fight that off every time I write a response. But this is actually a common problem, so I'll give my own advice on this topic just this once, and then hopefully I won't do it again. I don't think any readers will object, since the

advice is pretty straight forward. Other readers who may have been in a similar predicament and found a solution should feel free to add their own two bits.

I think that the books have answered this with a recommendation to recapitulate. But readers seem to have varying degrees of dedication and seriousness in their recapitulation. My personal advice would be to do the best possible job making the list (remember as much as you can until it hurts, expect it to take weeks). Finish the list first, then start the process. Emphasize going for as much detail during recapitulation as possible, rather than just trying to finish the thing. Going for detail increases the flexibility of your assemblage point, since you are focusing on a position you don't hold now. Plus it increases your ability to concentrate and also to hold a different position. All of these increase your ability to dream, or in your case, to remember your dreams. Don't give up if it's unpleasant to remember the detail and it feels like you aren't getting anywhere. It's like exercise, it hurts at first. Be sure to make yourself a special place to do it, whatever that means to you, as a sign of your seriousness. Might as well try to bring the spirit into it. But after you get good at it, as evidenced by remembering three things that surprise you enough to produce a tiny jolt, add doing it with your eyes open during the day, while doing something else. Also, after you finish recapitulating in your special place, stay there and practice shutting off your internal dialogue for a while. That's also unpleasant at first, but eventually it's veritable ecstasy. Also, at night sleep in different positions on the bed, wear colored socks, sleep on the couch, etc. And walk at night as much as possible, trying to develop a fondness for the shadows cast by plants and for the night wind.

Recapitulation makes optimism.

I've always thought that *dreaming* made me melancholy and recapitulating had the opposite effect. Sometimes I would think that this was because I felt like I'd accomplished something towards my future each time I recapitulated. Recently I had a very clear experience that this was not the case. Recapitulating does in fact make me feel optimistic. What happened to make me sure of this was that I recapitulated every other day for a spell (by accident) and noticed that on the day after recapitulating, I felt positive about things. Then one day I skipped the recapitulation, but had an extremely exciting *dreaming* experience that lasted for a long time. It was the best *dreaming* experience I had ever had. The result was that I felt dizzy, quiet, and sullen the next day. That experience, rated from the point of view of my merchant mind, was much better than my mundane recapitulation experiences. I have to conclude that recapitulating does in fact make one more happy than *dreaming*.

Source: Quail Valley, CA

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SOME FRANK DISCUSSION

... I have some questions regarding sex. Since males everywhere, including celibate ones, have nighttime emissions, I suspect that the male sorcerers must've applied some kind of plant-based ointment on their penises or drank some kind of potion that reduced or eliminated spontaneous and unwanted emissions.

As for the women, they have "roots" like lion's tails, which grow inward from the genitalia. Since sorceresses don't use these "roots" to nourish unborn fetuses, they must have some means, presumably a plant-based concoction, for pulling them out and moving the energy around in their bodies.

I suspect the kind of information I'm seeking would have to be obtained directly from the witches. Thank you for doing what you can to get the answers to my queries.

For readers having trouble with celibacy: In addition to a thorough recapitulation of all sexual experiences, try avoiding caffeine, too many sugars, alcohol, and overly spicy foods. These items are very irritating to the uro-genital tract. Also, a daily sitz bath in warm water of angelica root soothes the external genitalia. It is also very healing in cases of impotence and frigidity...

Source: Tucson, AZ

Editor: This letter shows the difference between men and women in terms of how they use the items of the world around them. Note this use of angelica as opposed to the feminine use in the Junkyard section.

This time I was only half-kidding. Yep, the sex thing is a big problem for men. And like yourself, I used to be concerned with emissions, probably because of studying oriental input on the topic. They came to the conclusion that sex was good as long as one didn't emit anything. Some of them even said you should have as much sex as you can, just don't emit.

But that just isn't so. I think the emissions are the least of male worries. Remember that the witches have emphasized recapitulating foreplay, even kissing, which they called very powerful. And the mundane things we all need to recapitulate tie up our energy, with no emissions involved. Something as eluring and exciting as foreplay ought to do the same. The truth is, we don't really know what part of sex is the problem because none of us can see energy being used up. Until we can see for ourselves, anyone have answers to this reader's questions?

A SPONTANEOUS SHIFT OF THE ASSEMBLAGE POINT.

When I had my first tooth extracted, it took the dentist a long time, during which I tensed all my muscles and held my breath. When he finally got the tooth out, he held the bloody thing right in front of my eyes - now at that time in my life I hated to see blood, and had fainted on various occasions, and I fainted again.

But I did not loose consciousness: Instead I was instantly transported into a strange realm, which consisted of moving, colorful shapes. I had no body or reference point in this realm, but found the shapes fascinating, sensing a profound meaning in them. I set out to explore the shapes with the intent of grasping some of the meaning, when a special feature began to gain prominence.

I concentrated on that, trying to understand. Suddenly the feature changed its appearance and its meaning became clear: It was blood rushing to my head. The dentist had tipped the chair over. I was back in this world.

Source: Nova Scotia, Canada

LOG JAM.

I was cutting cordwood into stovewood lengths. I had worked myself into the middle of the stack, which was 7 or 8 feet high and towering very steeply above me.

I was working near the bottom of the pile with my powersaw running at full speed, when the log I was cutting shifted and the whole stack started crashing down on me.

Now this was a tricky situation: I had the choice to either let go of my saw, jump away and be safe, or try to retrieve my saw at the risk of serious injury. But I did neither: Very calmly I looked up at the logs that came tumbling down on me, without moving body or saw. Then a strange thing happened. The logs arrested their fall in midair. In one fluid movement I pulled my saw out and stepped back, and continuing the same fluid movement, the pile came crashing down.

Sometimes I have wondered whether time was speeded up for me, or slowed down for the pile, or whether some quirk in the dynamics of the pile would have interrupted its fall no matter what I did. But that is not really important now: Important is to be fully present and not be taken by surprise.

Source: Nova Scotia, Canada

WHAT, NO SPIRIT?

NNL,

I was extremely delighted to see your advertisement. A friend of mine gave me an opportunity to view your newsletters which have led me to this correspondence. After reviewing the content of your articles I was pleased to find such an extensive amount of information at my disposal.

My question to all those related is about the common thread of the articles. The fact that they seemingly and exclusively speak of technique and /or perceptual experiences. These topics are of course invaluable yet I detected an absence of entries dealing with the *spirit*, the path with heart, the ultimate discipline of unreasonable happiness.

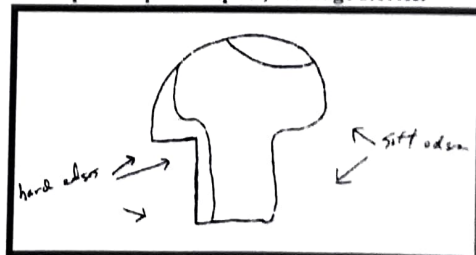
I understand the difficulty of relating these aspects of the warriors way. Are these entries screened, or is there simply a lack of them? We all know that ultimate freedom is more than the task of recapitulating and *dreaming*.

Please respond either personally or better yet in the NNL if possible...

Source: Reseda, CA

Editor: Don Juan's group collected the "Manifestations of the Spirit" stories because they couldn't talk directly about the spirit. I'm not sure we'd have any better luck, but I'm game if anyone else wants to give it a try.

Just to see what happens, next issue we'll have a special column for input on the spirit, or *intent*. We'll also include luck, chance, fate, or as this reader was aluding to, unfounded happiness. While we're at it, let's throw in unfounded sadness too. Anyone looking for inspiration should read *The Witches Dream*. It's good this came up, since there aren't any questions for next time. But try to keep the input compact, no huge stories.



Editor: A reader wrote the following request for reader feedback:

This represents a vision during the Recapitulation and the mushroom shape was bright white. I want to know what the bands at the left and especially upper top right mean.

Source: L. K. H.

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EIGHT ESALEN NOT-DOINGS

A reader sent a letter that had so much good miscellaneous information that I didn't want to break it apart and put the pieces into separate columns. We've had some readers complain about the way we do that, so this is their chance to see why we do. There are pieces in here that are redundant simply because we've already printed the information somewhere else, like the thing about the Ixtlan tape. There are a couple of bombshells in the middle of the letter, so I'm sure you'll be on the edge of your seat as I was.

One very weird point. It may seem off the subject, but a week before this letter was received, another reader was speculating about the spelling of the Tensegrity word. He stated that perhaps another reader might send in the correct spelling. Then this letter came in. This has happened so many times now that it's out of the realm of coincidence.

...Thanks for sending me the first three issues of the Nagualist Newsletter. It is a joy for me to find such a publication, as one following this path seems to be alone much of the time. Your newsletter really gives a sense of connection to fellow warriors other than Carlos' group. There are a number of things I would like to comment on. I have been interested in Nagualism for approximately twenty-two years. I have been seriously studying this path for the last three years. I attended workshops given by the witches (Taisha, Florinda & Carol with the Chacmols) at the RIM Institute (their first) in July 1993 and a workshop given by Taisha and Florinda, with the Chacmols and the Little Sisters at the Esalen Institute in November 1993. Since attending these workshops, I have been a devotee of this form of Nagualism.

1) In regards to your wanting information on the tensegrity movements (this IS the correct spelling). I have excellent notes regarding all of these movements presented to us at the workshops. I was requested by many workshop attendees to forward them my notes and drawings. I am an artist, so I thought I could do some good illustrations of the movements for instruction. I wrote to Tracy Kramer, whom I met at both workshops I attended, in regards to illustrating these movements to help other people on this path. Enclosed is a copy of the reply I received. My response was not to do the drawings. I would like to share this wealth of information I received, but I have to respect the wishes of Toltec Artists.

2) In issue #3 you mention under Publication of Interest/Audio Cassettes that Journey to Ixtlan by Ten Speed Press is available. I called them to order it (I already have the Teachings and Separate Reality). It was told it doesn't exist and there is no plan to make another Castaneda tape.

3) I tried to get a copy of the interview by DETAILS, but DETAILS is no longer in business. Does anyone at your end or readers have the article that I could get a copy of?

4) I must comment on the comments you make in regards to some of the letters you receive. Some of your responses are so inappropriate (bad taste) and very biased, not to be confused with those that stand as very intelligent analyses. I really grow tired of your unfounded displeasure with Stephen LaBerge's Novadreamer and Course in Lucidity. I have found these tools to be very effective in my *dreaming* practices. To quote Taisha from the Esalen Institute, "It's not what you do, but the intent with which you do it." Your pebbles work for you, a Novadreamer may work for someone else. If you can't respect that, I suggest you recapitulate on it. Your energy seems to be stuck on this opinion.

5) I attended some classes in San Diego, sponsored by the Sixth Sun Foundation. I get the feeling that these individuals are more concerned with profit than teaching. If you don't pay, you don't get their form of enlightenment. Their Nagual is Miguel Angel Ruiz. They expressed some false accusations about Carlos' Clan so I stopped attending. Do you think one should have to finance their way to enlightenment or discover it for themselves?

6) I wanted to make a point, that as far as I remember, was not made in the first three newsletters. At the RIM institute, Florinda told us that don Juan and his party DID NOT make the jump when they left the world. They are stuck in the world of inorganic beings. They did not intend to be in this world and they don't have the energy to leave. She said there were too many of them, in the group, and they were too heavy. She said that Carlos' group, Carlos, Carol, Taisha and herself are going to join them and hopefully supply the needed energy for all of them to leave the world of inorganic beings. If Carlos' group fails to help them, then all of them, don Juan's and Carlos' parties will be stuck in the world of inorganic beings. Everyone in attendance, including myself, became very melancholy at this point. If don Juan couldn't make the jump how could I possibly try?

7) Florinda also addressed the issue of power plants at this same lecture. She said not to use power plants, they are harmful to the energy body. Carlos was given them because he was very dense. Florinda said that the luminous egg changes shape from the use of power plants. Instead of being egg-shaped it becomes bell-shaped. The luminous fibers at the bottom, of this bell shape, are dense and stuck in this position. At this point, almost everyone in attendance was very concerned and wanted to know if they were bell-shaped. She said this bell shape is irreversible.

8) At the Esalen Institute, November 1993, Taisha gave these eight examples of sorcery not-doings:

- Visualize the fibers of your energy body. On one side (the right side), grab the fibers and hold them tight. Feel what the energy is (behavior, habit, etc.), tense your muscles and let go of it. Repeat on the other side.

- The match technique: This is used to stabilize the assemblage point. Light a match, holding it upright, and gaze at the flame. Then while still lit, gaze at the match while holding the match with the head down (do this when the match is almost burned out) then douse the flame in water.

- To stop internal dialogue: Touch your index finger to the depression between your eyes, just above the brow ridge on your skull, at the bottom-most point of your forehead. Grab a fiber or filament (visualize this) with your index finger and your thumb and pull it out, then let it go.

- For concentration: Put your hands together just below the navel and move them up your body, keeping your hands together, to your forehead. Repeat.

- Make or construct items of materials or things these items are not normally made of.

- Visualize and feel a wall, a very hard wall. Push any unwanted feelings, energies, thoughts, etc., out of yourself. Pierce the wall with feelings, energies, thoughts, etc. and feel yourself break through the wall as you pierce it.

- With your hands together, in a prayer fashion, and your thumb tight against your index finger, place your hands on top of your head, fingers pointing up. Bow to the sun, pointing your fingers at the sun. Do this three times.

- When in the shower, isolate each muscle starting at the top of your body. Tense the muscle, then relax it. Work your way down your body to your feet doing this technique.

After giving us these sorcery not-doings, Taisha said, "It's not what you do, but the intent with which you do it".

9) In response to the questions in issue #3:

- Distribute the newsletter to all who would find it of value.

- The *Dreaming* Questions: When I first started to find my hands in my dreams, I would get a loud buzzing in my ears. At first this really frightened me. I had NEVER experienced this loud buzzing in my normal dreams. I thought I would die if I didn't move my gaze and wake up. As I became more confident in my *dreaming* abilities, I managed to hold my dream until the buzzing faded. Then I started to hear fast, high pitched voices in each ear as I found my hands in my dreams. Now, I am feeling an oppressive weight on me as I start *dreaming*. Do you have any ideas what these experiences indicate?

Thanks for providing this newsletter for all of your clan members. You're doing all of us a great service. I DO support your endeavor 100%

Source: Encinitas, CA

Editor: No other reader has reported your drastic early *dreaming* experiences. Maybe you take more of your totality into *dreaming* than the rest of us.

You raised a key point here about the newsletter. I've been surprised to see no mention of it so far. I'm referring of course to the irreverent, slightly sexual humor of the newsletter. This attitude was no accident. When the first newsletter input came in, we foresaw that the newsletter could easily become an obsessive, unreadable, almost maniacal worship of something none of us were actually certain was true. To fight this tendency, we borrowed the attitude of Carlos and don Juan's party. Of course we're all idiots here, but we copied it as best we could. For instance, Delia says, in *Being in Dreaming*, "A fuck a day keeps the doctor away." In that same book, don Juan, rather than simply tap Florinda on the back, has Genaro make her choke on a peanut so that he can pretend to help her cough it up. And in Carlos' earlier works, Genaro constantly plays the "shitting boulders" trick on Carlos. Then there's the *Details Magazine* interview where Carol jokes about lightning coming from her tits. And let's not forget how the witches lift their skirts to show off their hairless vaginas.

Keeping this in mind, and realizing that we weren't clever enough for family humor, we opted for bad taste. After the first 2 issues we braced ourselves for a lot of criticism. To our surprise, readers enthusiastically mentioned liking the atmosphere. We did receive one other complaint from someone who said that it was outright disrespectful to call Carlos anything other than "the Nagual Dilas Grau". My poor fingers would get tired if I had to type that every time! Everyone should know that we aren't attached to this atmosphere and may have gone overboard on it. But the newsletter is run by the democratic principle, for lack of a truly ruthless leader.

It worried me that this reader, obviously a very serious practitioner, didn't like the atmosphere. I pondered this a lot and then realized that it was precisely because of his seriousness that he didn't like it. Seriousness is demonstrated throughout his letter, including the *dreaming* descriptions. But this reader has avoided the pitfall of twisted obsession, probably because he's taken to heart the practice of loosing self-importance. I say that because rather than taking an ego boost and claiming to have practiced for 22 years, as many readers would, he honestly states that he's only been serious for 3. We weren't concerned about this type of seriousness, but about the type that springs from those who have never actually done any real work, and who have become obsessed with *Journey to Ixtlan* ethics. An unfortunate side effect of our remedy is that real practitioners with a serious mood will probably not like the joking around.

Novadreamer is a tricky topic. The *Lucid Dreaming* book treated Carlos lightly, so I didn't feel badly about poking fun at them just to spice up the newsletter. I was expecting, almost hoping, that someone would write in and prove me wrong, so I could go buy one myself. But now, I officially have to take the stand that things don't look so good for its usage. The letters we print mentioning it are typical of the input. If it does increase *dreaming* frequency, it's not apparent from reader input. Not one single mention of it to the newsletter indicates a *dreaming* frequency on the part of the practitioner which is beyond average. Besides that, the rocks and the Novadreamer are not in the same category at all. To use the rocks, you have to concentrate very hard on shutting off your internal dialogue, usually for several hours. It's hard work! To use Novadreamer, all you have to do is put it on. The rewards of learning to focus for hours on nothing but *dreaming* are incalculable. In addition to *dreaming*, *dreaming-awake* can result from this, and Novadreamer can't possibly trigger *dreaming-awake*.

Now, about that letter from Tracy. Naturally we can't print it, but we are glad to be able to examine it. I like Toltec Artists' fun logo. Visualize that mannish female statue from issue #1, sitting on a flat bathtub with her legs up, and looking askance. Tracy's letter was very professionally and carefully worded. It stated, "we do not endorse anyone publishing anything on the Sorcery Passes." It goes on to describe why, basically stating that seeing them a few times would not give anyone the intent to convey them to others. It suggests that those with poor memory should *intend* to remember more as they practice the passes. His letter was extremely polite, but clear on the point that they didn't want any help to perpetuate the passes.

On the surface, this letter sounds like we should also drop the project. But our project is for those who have not attended lectures and thus are not in the position of being able to reconstruct a proper *intent*. Also, this letter was sent to someone offering help and Tracy must also have taken that into account in his letter. Plus they have to worry about lawsuits. Despite this, we will stop our sorcery pass project and will no longer print any input on the subject, beyond that which we had already received for this issue and which is partially about not-doing. I guess all we can do is hope that Tracy pushes for the Video. Hey Tracy, what about the rest of us?

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HEY, THAT'S JUST LIKE...

We receive continuous comparisons of the techniques in Carlos' group's books and the techniques practiced by other groups. Some of these are really stretching things and up until now we have resisted printing these accounts. More often than not, a would-be Nagualist is simply putting things off and living vicariously by claiming their favorite practice is the same thing as Nagualism. Occasionally, we receive a very intelligent comparison that is interesting to read.

We've finally decided to give up and print a few of these accounts, with the goal of one per issue. We will select these at random from those a majority of the staff feels are interesting to read. Personally, I'm against it because it puts us in the position of deciding who's personal belief system is worth looking into. I strongly believe that no one gets interested in Nagualism for the "right" reasons in the first place, and no matter what state of mind a potential practitioner is in when he or she starts, it will change radically after fully committing to the practices. So I'd prefer to just toss out all accounts of other practices as bad memories and wasted time. But the newsletter is a collection of reader input, and readers are asking to read these accounts.

In case you haven't figured it out, I fit into don Juan's "old fart" personality category.

This month, we've selected interesting input from a reader who sees a connection between the recapitulation crate and the practices of true mediums. Please don't assume that all comparison input we receive is this good. Some is good, some is way off base.

I am... struck by the similarity between the use of an enclosure for both recapitulating in this system, and in western mediumship for the manifestation of ectoplasm and materialization.

The enclosure used for mediumistic seances, was called a spirit cabinet. The medium would sit in the cabinet, usually made of curtains of canvas, or thick material hung from poles in a box-like structure. They also used a wooden structure, like a self-standing closet, to sit in for doing deep trance work. The pressure of the enclosure was said to aid the spirits in building up ectoplasm from both the medium and those gathered, to make visible, tangible vehicles for the spirit's projection into our dimensionality. The suggestion here, is that the use of a closet, or other construction, could produce very powerful results, like those of the early mediums.

Those mediums would sit for years to produce phenomena. Theirs was an exercise in patience unlike what we are able to produce in today's world of instant gratification. They weren't predicated by instant successes or failures. So possibilities were based on their explorations over long periods. They were not deluded, but patient, explorative, evolved practitioners.

It may be that in the west the process of Realization comes closest to the Nagual's burning from within. (I am interpreting here.) But the work of mediums, clairvoyants, and Spiritualists, goes to a certain point on that same road. Some mediums are held back by the beliefs and conditioning of those systems, but there are bright jewels on their path which we ought to study and not prejudge. Perhaps some mediums were naguals who did not know that they were. They certainly produced the same effects as described by Carlos in his books. The things which seem to elude them, and which are not taught: are the recapitulation, existing in the second attention, identifying and shifting the assemblage point, stopping the internal dialogue, *dreaming*, stalking, and impeccability. Perhaps the Spiritualist version of "entering the silence" can be equated with stopping the internal dialogue.

Exploring through the psychic faculties seems identical to being in the second attention: Astral projection making accessible the ethereal double: Healing work on auric energy giving direct perception of the spirit's energy: Demonstrations of physical and mental mediumship proving more than ever before that spirit exists. Realization demonstrating that some individuals may have experienced the totality of being, although it is doubtful that they passed from this realm in any way similar to don Juan Matus and his band.

The realization experience may come for all humanity in a flash, and it will be considered as either the universe's greatest gift, or the rudest awakening imaginable. Either learn or be taught, a dear friend used to say. Either we are a friend to learning, or the universe may tear us to shreds.

The freedom of the Nagual isn't explicit in our western system, but it ought to be. I wonder if the mediums got caught up by the Tonal, because they had not known better. There is no deep lineage for mediumistic training as yet, although the attempt was made earlier this century, by Spiritualists, mediums, and clairvoyants who use psychic training to produce a working relationship between "the other side" and the students. By using direct apprehension of auric energies and spirit communication they are able to effectively increase their awareness while expanding beyond their limitations. This info may prove useful to those interested in being trained psychically by mediums. The draw-back is that you have to disengage yourself from Spiritualism's christian trappings, while sifting out useful techniques to aid in the practice of *seeing*. I found it easy to shut off the internal dialogue during the period I was practicing mediumship. I was also seeing, and hearing spiritual phenomena. There was also a profound sense of quickening, as though my spiritual batteries were being charged. There was lots of power to shift the attention. I was able to produce minimal physical mediumship, and used distant *seeing* as part of a rescue attempt in the Virgin Islands, thousands of miles away. I list these as examples of what others may also experience, if an exploration of the psychic were attempted in this fashion.

Some of my experiences of Castaneda-like phenomena:

*Fibers of energy from the area of the solar plexus. I actually felt tugs, as if I had an umbilical-like rope coming out of my solar plexus, which an invisible hand pulled three times to the left. This event led me to enter a bookstore I had not seen before, and meet people who changed my life.

These individuals consisted of psychic explorers, a top notch medium, and a group of occultists in the San Francisco area.

*An Animal-like Being (drawing enclosed) observed during spontaneous astral projection. Around my early teens I had this experience. I heard a slow rhythmic drum beat. Boom. Space. Boom. Space. Etc. The next thing I knew I was drawn into a current of energy. I had floated out of my body, face towards ceiling in my Bronx bedroom.

Suddenly I was flipped over in a current, which had the dual qualities of magnetism and water. The current carried me toward my third-floor window. I was terrified that if I was swept out of the window by it, I would be drawn downward and die in this state. As I struggled to grab at something, I felt strangely elastic and boneless. I was able to grab the window-frame and stop my descent.

The current pulled me slightly out of the window. The maple tree in front of me as well as the walls and fire-escapes to the left and right, had several creatures on each of them. Some crouched, others squatted or clung to the walls and branches. Right below my face, clinging to the vertical surface of the brick wall was a creature. Its back twitched as I locked my eyes on it. It seemed large, one and a half feet perhaps, to my perspective. It was dark grayish black, and some brown. It had many long, sharp teeth in its long snout. Its tail curled tightly about it on its left side. Instead of eyes it had big glowing red orbs, which were lights in its head, rather than physical objects. Due to this event I changed my sleeping patterns and was terrified of ever having such an experience again.

Much later in life I learned of parallel experiences from others. Castaneda is shown a similar creature, in a stream, using a mirror to see it, and Oliver Fox repeatedly describes energy streams like the one I experienced, in his book *Astral Projection, A Record of Out-of-the-Body Experiences*. It was a talent which he naturally had. I too have had many sorts of psychic experiences, but never had another out of body experience of such intensity and vividness and recall. Fox says that there are streams of energy which carry us to other places. The spots he was carried to, then offered him a specific perspective, or lesson.

*Seeing the aura directly. I attended a class in psychic development at a local Spiritualist church. Under red light I was able to see the aura of a man who did not say so, but was suffering severe lower back pain. I saw a tendril of shadow in his light body. It went out six inches from the back of his pelvis, over the area of the disk. I was able to touch this energy and felt a tick as my fingers crossed it. I then decided to use the glow from my fingers to "patch" the dark tendril in the flow of his aura. When I did so, from behind him, he felt a distinct pop in his disk and the pain vanished instantly. So did the darkened area. It now glowed at the same intensity as his visible aura.

Source: Milwaukee, WI

Editor: This reader is interested in hearing if other people have had experiences with creatures like the ones described here in his second story.

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MORE NOTES FROM SANTA MONICA

These notes are on the same lecture series reported in issue 2. They include some notes on day 3, which was not covered in that report. We are grateful to this reader for sending these notes and once again we repeat that all notes on a given lecture are valuable, regardless of whether that lecture has already been reported. After you read these notes, we believe you will agree.

Thanks to your reader for his/her copious notes from Carlos' Santa Monica lectures. And thanks to you for printing them. Thought you might enjoy these additional remarks - recorded in my own notes from that same lecture series.

11/20/93 Lecture #1 Yes, the debt to the Phoenix Book Store was because of Carol Tiggs' appearance there.

"Search for the pattern of your life in recapitulation."

"To love without expecting anything in return takes guts of steel."

"If you truly loved yourself, you wouldn't do to your body what you normally do. You would be very considerate of it."

"There is nothing unique about any of us. But there is something magical about each of us."

A warrior puts him/herself on the "ledge of examination" - a place from which to brutally observe what goes on around us. It provides us with energy.

Warriorship gives a life purpose.

Psychotropic drugs can be useful in that they cause "tremendous cognitive dissonance" - a door to the unknown. They are not meant for pleasure.

The social order is not interested in our well-being. It does not supply us meaning or purpose. It doesn't protect us from death.

"The way to break free of the social order is discipline."

"Discipline is not following a rigid order. Discipline is fluid."

Freedom is our heritage. Freedom - "the somersault of awareness into the inconceivable."

"We're all travelers. We're all going to die. Don't you want to do something magnificent along the way?"

Accept in humility that you're going to die. Don't hide from it!

"There is a perennial force in the universe that is available to us - but we never use it. Call out to it by saying:

'I want to be responsible
for the fact that I'm going
to die.'

It's enough to start things happening."

"Accustom yourself to shouting out your intent to the force. Don't supplicate! If you go down on your knees, it'll piss on you."

You won't get a message back. This is a relationship you're establishing from you to it, not the other way around. It (the force) doesn't care.

Where is the world taking place? It exists in your mind! You're already a magician, so why not get a new kit!

"I'm not going to die, not having known what it's like to love for the hell of it."

And finally ...

"I am giving you the best of myself in order to bring you an hour of clarity."

I was so shaken by this first lecture, and Castaneda's awesome energy, that I found I could not make my body go to the second one. I braced myself and went back, and found after the 4th lecture that it was very painful to watch Carlos walk away - knowing I might never have the good fortune to be around him again.

Your reader covered most of my notes from the 4th lecture, which was shortened to allow time for the Chac Mools and Little Cousins to do sorcery passes. But here are some notes from the 3rd:

Dreaming gives us a bonafide possibility to be

free - to reach a state of consciousness where humanity doesn't count.

Shift your ideology - away from nirvana - toward freedom.

Freedom- no solace, only struggle - how exciting!

When the assemblage point is pushed out of the solid core into the fluff outside perception - it leaves a dimple. Only through discipline can you force it back.

We're twins! Right body, left body. The assemblage point drops easily to near your feet. Don't struggle - laugh! - let it happen! Bring it to the bottom and let it come up in between the two bodies. It can't go in the top.

(Mentions how in 1973 don Juan burned from within - calls it "the last round - for my eyes only.")

Stalking - using intent to hold the assemblage point in a new position - to perceive another universe.

"Drugs only give you a glimpse of other possibilities - not a sustained view."

Recapitulate to get enough energy to do remarkable things. Make your list!

"Define your desire as freedom - then the selector inside you will make the proper adjustments."

"Cut all your attachments!"

You have a marvelous machine inside you. You can use it to travel to Jupiter or use it to clean your house - or both!

The dinosaurs intended flying, and it happened! But wings are only one solution.

The seer within you will never mislead you. We stop it all the time with "But, I..." The stupid I, the whore - the one who can be bought.

Don't be timid!
Don't get too cozy!
Live dangerously!
Be on the verge!

Source: Topanga, CA

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ENCOUNTER WITH CARLOS

In 1983, I was living in an apartment on top of a hill overlooking the city in the Northeast section of Los Angeles. I shared the apartment with my two brothers and we got along just fine, involved with the same interests as we were.

My next door neighbor at that time was a graduate student at Cal-State University Los Angeles. He came over excitedly one evening and informed us that Carlos Castaneda would be speaking on campus the very next day. Well, that was great news to us, having read all of this books up to that time.

The next day I, along with my two brothers, arrived early to the auditorium so as to be at the very first row and get a clear view of the man, his manners, movements, etc. We were there for about fifteen minutes when the crowd began to arrive. We then noticed a medium height stocky dark latin man wearing a suit enter with the crowd and we just knew that it had to be Carlos Castaneda.

He arrived as if he too was there to see and hear Carlos Castaneda speak, the crowd never noticing him for one moment for all were expecting him to appear from behind the curtains on stage and speak at the podium. For some reason or for no reason, he walked straight to where we were and spoke to us, asking "Do you think I should use the microphone or just stand there and speak in a clear voice?" I answered that it was up to him, but in my opinion he should speak in a clear voice, for it seemed evident that's what he really wanted to do. He readily agreed then went on stage and stood next to the podium.

The very first thing I focused on was his eyes. They were clear and peaceful and gave the impression of having great depth. Somehow, I could see that the man had been blasted to other worlds and now needed to attempt to elaborate this knowledge to others.

When the crowd quieted down, he began to speak stating that when he was finished speaking, he would answer questions from the audience. He quickly glanced to a spot five rows

behind us and shook his finger and head, telling a young woman that that would not be possible. She promptly put her camera down.

I do not want to write the entire content of his speech, only the main message he wanted to convey. He said that don Juan had told him that we were all living like chickens in a chicken coop. We were going about our lives giving a great deal of importance to our affairs, when in reality we were only preparing our awareness through experience to be consumed and obliterated by the same incredible force that created us in the first place. Don Juan had likened this to chickens, who live to peck and eat only to be slaughtered in the end. That all of us were just nurturing our awareness - not for our own purpose, but for another purpose - that of being consumed at the moment of our death. Hence, we were like chickens in a chicken coop. Don Juan had said that in light of that fate, our only worthwhile challenge was to live to our full potential and escape that fate if we can.

After his speech was over, he answered some superfluous and redundant questions from the audience and it was clear to us that nearly all of what he said flew over most of the crowd's heads. What they were really interested in, was having their books signed.

Having signed over one hundred books, he then went outside and began to walk with a small group of about eight people following him. Some appeared to be university officials, others just curious. It appeared that the university officials wanted him all to themselves, but he said he was going over to the library to one of the study rooms to speak to whomever cared to listen. So, naturally we followed along. As he walked, he would speak to those around him one at a time.

My two brothers prodded me to go over and speak to him. That he was here now and that it was my opportunity. Waiting for a pause in his conversations, I saw my chance and went right up to him and flatly stated, "Based on my own experiences, I was able to follow the context of your speech quite easily."

Carlos stopped walking, turned and calmly looked into my eyes. Giving me his undivided attention, he grabbed my hand then said, "Walk with me." I caught a glimpse of the amused expressions of those around him, as if to say "Sure, sure your experiences."

He then began to talk to me in Spanish and asked me to do the same. He then squeezed my hand in a gesture of solidarity and affirmation and told me, "Isn't it great to be alive?" I answered yes it was and that I had always wanted to meet him, for I too have witnessed the nagual.

That really seemed to perk his interest and he asked me if I would be home later on this evening. That he would come over and speak with me personally one on one. He had no doubts I was speaking the truth. Just write down my name and address on a piece of paper and he would be there tonight.

At the library, he discussed some concepts about child-bearing. That a child was imbued with the feelings of the parents at the time of conception. Therefore, it was very important for the parents to be extremely passionate at the time of conceiving or otherwise they would end up with a bored child. He also spoke about the "Eagle that devoured us," from his most recent work *The Eagles Gift*.

Carlos then solicited questions from listeners and I asked him the only question that I deemed pertinent at the time. Was the Eagle the nagual? He never really answered my question, but drew a diagram on a chalkboard about the shape and configuration of the luminous shape that all human beings possess. About the assemblage point that assembles all perception for all living beings. This was prior to the release of *The Fire from Within*, so it was all new stuff for everyone there.

When he was through speaking, everyone was outside once again. It was late afternoon and he had to be going. He walked away with the same university officials and just as he was leaving, I handed him a piece of paper with my address on it.

As he took it from my hand, he said goodbye and then paused once more, took a look at my brother, pointed at him, smiled and went up to him and shook his hand vigorously, and what appeared to be knowingly, about some wonderful undefined something. And that was it.

He did not come to my house that night or ever and I never questioned it. The possibilities seemed too endless for me to do so.

Source: Los Angeles, CA

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SMOKE AND SPIDERS.

One reader describes some mini-shifts of his assemblage point.

Editor: A reader sent in a very complex rendition of his understanding of the intricacies of holding minor shifts of the assemblage point. It was very good information, but difficult to follow. We wrote back and asked him to relate his experiences in story form. The results are displayed here. There is no technical explanation of what happened in these cases, but we believe that readers can figure this out for themselves. In general, we prefer story form for experiences because it minimizes personal interpretation.

[Story 1] One night, after recapitulating, I found my assemblage point to be particularly flexible. My hope was that this flexibility would result in *dreaming* that night, so I went to bed. As I lay there with my eyes closed, I noticed that my consciousness had a new dimension; depth. Instead of just blackness, I saw blackness with distance. I began to notice something very vague in the blackness. It wasn't anything particularly unusual, but that night I remembered Taisha's advice on exploring new positions of the assemblage point ("get adventuresome") and began to wonder if it could be made to apply to such a tiny shift.

I was seeing a slight trace of fog or smoke in the blackness. It wasn't enough to call a dream, but it was more than the blackness I normally see when my eyes are shut. I couldn't think of how to explore something so minor and vague, but I tried anyway. I moved my eyeballs inside my closed eyes so as to trace whatever I thought I was seeing in the blackness. As I examined the vague smoke with my eyes, it became ever so slightly more defined. After a minute or two I could actually see a smoke cloud. It was beginning to be as if I were having a dream, but I was quite awake. Something had begun to take over, and my tracing eye movements turned into a very real stroking that came naturally. I began to see the bank of smoke moving forwards and I was following it, looking through it into the darkness. Instinctively, I began to chant a little song, "Taka taka taka too," on and on. Frankly, I have no idea why I did that, I just

found myself doing it at one point and it seemed to go along with the stroking eye movement, so I didn't stop. I saw a sidewalk form just ahead of the smoke bank, and then I saw movement in the smoke. The smoke was composed of tiny lines. As I watched, I realized that it wasn't smoke at all, but an extremely dense parade of tiny black spiders, walking over the ground towards the sidewalk. I suddenly found myself completely in *dreaming*, watching the spiders crawl up onto the sidewalk. I could see a park or garden down a ways on the path, and I got the idea to step over the spiders and walk into the park. Something clicked, I felt a small electric jolt, and the image disappeared. I woke up excited, realizing I'd gone into *dreaming*, directly from waking! For years I had been trying to learn to do that by shutting off my internal dialogue before sleep, without success. Now I'd done it in less than 10 minutes, with no effort, just by following Taisha's advice to explore and get adventuresome.

[Story 2] This was my first real attempt to hold onto a new position of the assemblage point that I'd recently discovered. I decided to do it sitting in a chair, in the dark. I sat there and shut my internal dialogue off until I got rid of my normal stuff. For me that consists of a petty, bitter voice that rehashes "wrongs" supposedly done by other people and decides what it ought to have said to them instead of what it did say. With that gone, I knew that the feeling I was after was near. I had only two more things to eliminate from my consciousness. The first was the expectation that something was going to happen. I guess you could call it the expectation of reward. For me, since I'm trying to make something happen through my own effort, there is an ever present expectation at the bottom of my internal dialogue. Having shut that off, confusion set in. The feeling I was looking for was just past the confusion. In order to get at it, I had one more thing to eliminate. There is a mechanism that keeps track of what I need to be doing next, sort of a counter part to the expectation of reward. I haven't learned to shut that off without blacking out, but it isn't necessary. I got the feeling I was looking for, just on the border of blacking out. My idea was to be able to stand up and move around while maintaining that feeling. Once the feeling came, my internal dialogue stayed off by itself. From that point, I tapped my hands on the chair, as if it were a drum. Instead of dispelling the feeling, the movement helped to stabilize it. I was eventually able to

stand up while maintaining the feeling. I moved my hands rhythmically in the air until I felt I could open my eyes. From that perspective, I decided to try Clara's sorcery pass for opening up the lines in the world. I grabbed the air as if grabbing rope strands and "pulled" them apart. I saw a definite curtain pulling apart in the air. The excitement almost brought my internal dialogue back in, but I held onto the feeling I was using to hold the mini shift of my assemblage point.

I saw the curtain open wide enough to step into. Unfortunately, I forget the rest of Taisha's instructions. I stepped through the curtain into the "other side", but I couldn't remember what to do next. Since nothing happened, I stood there for a while. Finally, I turned on the light and tried to go off and run errands while holding that new position of my assemblage point. It faded away a few minutes later.

[Story 3] While sitting in my chair in my recapitulation crate, I noticed that there were two of me. I had stopped recapitulating and was just sitting there with my internal dialogue off. When I noticed that there were two of me, I tried to figure out where the second one was. I discovered that it was up, and to the right, and shifted to another place. I couldn't shift my attention fully to either one without coming out of that state of consciousness, so I opted to simply practice holding whatever position of the assemblage point I had stumbled onto. I found that the key to holding this new position was a state of confusion I was experiencing. That confusion was a result of having shut off my internal dialogue so much that I had actually shut off my memory of where I was and what I was doing. Holding that state was difficult, not because it was a difficult state to maintain, but because the confusion was very real and created a feeling of urgency. That feeling of urgency compelled me to figure out what was happening, and any type of figuring would have put an end to the state I was experiencing. All I could do was to hold onto the sense that there were two of me and sit there.

Eventually, I had to leave the crate. I felt as if nothing much had happened, but when I went to work the next day I found that I had difficulty talking. I was stuttering, my speech was slurred, and I was inverting and substituting words. Another result of this experience was a temporary ability to shut off my internal dialogue by remembering the direction and feeling of the separation of the two copies of myself I'd experienced.

Source: CA

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TRY IT, YOU'LL LIKE IT

This issue is full of new columns; here's another one. Readers often send in advice on things to try to enhance Nagualist practices. Since a lot of it is not something from any of Carlos' group's books, and the submitting reader isn't claiming to be learning from another Nagual, it gets a low priority in terms of inclusion. For this issue there were quite a few of these, so we decided to print some. Keep in mind that we are deluged with these every single issue. We have removed paragraph breaks to save space.

... a couple of cups of camomile tea before bedtime can be quite helpful. (It helps separate the physical and energy bodies.) This is not guaranteed to work for everyone, but I encourage people to try it; it's infinitely safer than Datura, in any case. In fact, it's actually beneficial to one's health. Give it a try!

Source: Sedona, AZ

Wanna feel the pressure on your energy body and cleanse & balance it too? Also while moving your assemblage point? Thru the agent of fire and with a boost from the earth! Down thru the ages, medicine people, shamans, sorcerers, etc., would make a big bon 'fire' at sunrise and at sunset. At the sun's half disc on the horizon, that exact moment, a mantra + some corn or rice ... would be thrown into the 'fire'. Energy would gather as power for healing, 'not doings' and 'gazing' + etc... 22 years ago - the original uncut version was resuscitated from many eons ago, & is widely taught and practiced around the planet, today. 'Agnihotra' ... is a very ancient scientific tool, used for the smoke, and the ash is also very medicinal...

Source: Kettle, KY

The Sorcerer's pass described on pages 83-134 (to clear the ears) in *The Sorcerer's Crossing* is virtually identical to the Taoist practice, known in archaic terms, as "beating the heavenly Drum". [ref: DAO-IN by N. Hua-Ching, 1989 ISBN 0-937064-40-8, pg. 64]

Source: Locust Valley, NY

Why not put your diaphragm to work in the breathing process, especially when recapitulating? I think it is a shortcoming to practice recapitulation, or any technique for accumulating/securing energy in which breathing exercises are performed, without utilizing the diaphragm in addition to the lungs... Of course, different types of breathing exercises are part of the disciplines of Yoga/Zen/Tai-Chi/Tao-Yin/Qi-Gong/Chi Kung and, to a certain extent, Nagualism. However, I must state that the Original (or Embryonic Breath, described in the Taoist books Huang Ching ("Embryonic Breath Book"), appears to be highly relevant to what I am doing...

Source: Oviedo, FL

Editor: This reader supplied an excellent, typewritten, 3 page explanation, complete with humor, of how to increase your breathing capacity by 50-100% through this method. I personally am fond of extra breathing during recapitulation, but the length of the document would have displaced many pages of reader input.

... I do find chewing a little Rosemary seems to improve memory and facilitates mental clarity; it definitely improves my chess game. How it might be of use drawing up a recapitulation list may be of interest...

Source: Locust Valley, NY

Editor: This reader supplied information from a book entitled "Secrets of the Mind-Altering Plants of Mexico" by Richard Heffern (1974 Pyramid Books, NY), which indicated such uses of rosemary.

THE ANSWER TO THE DREAM VISITORS QUESTION!

Anyone who has dreamt of a member of Carlos' group is undoubtedly harboring hopes that there is more to it than an ordinary dream. I didn't expect to get any kind of answer as to whether this was a possibility, but a reader had heard the true scoop on this from Florinda and sent in this reply;

...Florinda laughs her head off if she ever reads this stuff. "Oh, I've been visited by you in dreams..." that's one of the typical statements of people who write to her and Carlos. She calls these people "cracked persons" and their dreams, "mental masturbations" to say the least. But don't let it bother you, maybe it's only a scout stalking you... Just recapitulate that nonsense and save the energy for a more practical effort - simply wake up and notice that you are *dreaming*.

Don't get me wrong. There are dream visitors - and not only inorganic beings from other realms. Let me tell you a short *dreaming* tale that might be able to show the difference between mental masturbation and true *dreaming*:

I was dreaming an ordinary dream. Things seemed to be similar to my everyday reality until I met an old friend of mine, another warrior on the Toltec path. I told him that I was glad to see him again, for we hadn't seen each other for more than a year. "Don't waste your time by talking rubbish", he warned me, "haven't you realized that this is *dreaming*?" He insisted that I should look at my hands, but I still was too numb to realize what he'd told me. I fully woke up - into *dreaming* - when he showed me a marvelous feat: He changed into a luminous ball for an instant, then he regained his human shape. After that we had a great time *dreaming together*. And this was not a single experience - I have to admit that on some other occasions people have had to tell me before I realized that I had actually entered an energy generating world while *dreaming*. It seems that the other side is not as lonesome as one might think...

Source: Withheld

Editor: I almost choked on my ice cold glass of 10K when I read this. I guess you can't get away with too much indulging around here. Maybe I'll switch to camomile tea.

RIM NOTES IN A MAGAZINE

There's a publication which explores the uses of psychedelic drugs in the process of self-discovery. It's called *Psychedelic Illuminations* and is published in Southern California. They list an address of P.O. Box 3186, Fullerton, CA 92634. A phone number for subscriptions is given as (714) 733-1252.

This publication is filled with information about the uses of various power plants and drugs, the legal problems associated with them, and also information on various shaman or pop culture figures. Issue six, the current issue at the time of this publication, has a column by Runyan Wilde on page 78 which is about his attendance of the RIM institute workshop.

Runyan has an obvious interest in Nagualism, mentioning in his article that he has read each of Carlos' books 4 times. He is working on a cross-reference collection, in the hopes of encouraging people to give it a serious try. He does not seem to be aware of this publication, a fact that worries us here in terms of total possible circulation. We'd hate to have the newsletter circulation expand beyond our budget. A note near the article mentions that there will be a discussion of the assemblage point next month.

FLORINDA DOES LUNCH.

A reader pointed out that the newsletter gets a bit worshipful at times. I believe that's just because we've all been so starved for action for so long that the recent tide of events has us eager to gobble up anything we can get. Despite this observation, he decided to contribute our most religious story so far:

I found myself a little bit "worshipful" a few months ago when I spotted Florinda Donner (a song on the radio just said the word "sorcery" as I typed Florinda's name) sitting in a restaurant next to a man who I am sure was Carlos Castaneda. Florinda I had seen at a few booksignings here in town, so I was sure I recognized her. And the way she interacted with this rather South American looking man who was telling funny stories to them, I had no doubt it was Carlos. I did muster the courage to go up to them as I was leaving and say hello, even though I felt a bit foolish doing so. They were not interested in being social with me or my friend at all (no surprise) as I was babbling social inanities, talking about how we were just talking about her before we arrived at the restaurant. She acted as though she didn't register what I was saying at all. Finally I just dropped everything and said, "well, I just wanted to say hello." That came from my heart. She looked at me and smiled and her eyes GLOWED GREEN.

A REAL new Nagual?

Here's an item that's bound to bother the men. I know that just about every male reader is harboring the hope that one day Carlos will reveal to them that they're the next Nagual, heir apparent to all this fame and glory. The women don't seem to be looking to succeed Carol. Actually, if this information is true we all ought to be glad, because we won't be left alone after Carlos' group leaves. A reader sent the following:

... CC & Company's agent, Tracy Kramer, told me that the sorceresses were intending to make a video showing and explaining the sorcery passes. I am not sure if the technique for Recapitulation would be included in this video, or when it will be available to the public. Perhaps someone could check further on this?

I had asked their secretary why no further workshops were being offered at that time, and got this unintentional explanation: "They were surprised to find the new nagual as fast as they did." They had all returned to Mexico and no further workshops were being offered in 1994. Are any of you able to explain this one? I know that the public has been told that CC's group is the last in their specific lineage. Is a new lineage growing out of the old? Or was this statement the fantasy of a newly hired secretary getting the story wrong?..

Source: Milwaukee, WI

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STRANGE TALES OF POWER.

Don Juan's stranded, Florinda almost leaves, and Carol makes a child.

One sign that the newsletter staff needs to do more recapitulating is that we worry each issue that we won't have any lecture notes for the next issue. In fact, we get downright depressed. So you can imagine our mixed feelings when we got the following disturbing lecture notes:

I came across your Nagualist Newsletter notice in the Fall '94 issue of Magical Blend magazine. I think it's a great idea. I was lucky enough to be able to attend the Toltec Dreaming workshop in Arizona last summer. It was a tremendous experience. I've been curious about what went on at the other workshops in Esalen and Maui, as well as at the lectures given by Carlos Castaneda, Taisha Abelar, Florinda Donner-Grau and Carol Tiggs outside of the workshops. I've also wondered about other people who attended the workshop I attended- what they are doing now, etc. Your newsletter seems to be a fantastic way to pool information from all of these events and make it available to interested parties. To this end I have composed a jumbled list of what I consider to be important bits of information which were presented to us at the Arizona workshop and which I have not seen in print elsewhere.

The Toltec Dreaming workshop in Arizona was presented by Florinda Donner-Grau, Taisha Abelar and Carol Tiggs. Each of them spoke to the group for several hours and answered numerous questions. What follows is some of what they told us, as best I can remember it, along with a few personal observations.

They believe that Don Juan's party may not have made it to the third attention when they left, and that they may be stranded in the second attention. When the current group leaves they will try to "rescue" Don Juan's party and carry them into the third attention. Carol, Taisha and Florinda seemed completely unconcerned with the success or failure of Don

Juan's group. Carol said something to the effect of "It beats dying a normal death".

All of them stressed that when they cross into the second attention they do it with their total being including their bodies-clothes, boots and all.

Recently, Florinda and Taisha had gone into dreaming together and had physically disappeared right in front of Carlos.

La Gorda is dead. She got tired of waiting around for Carlos and tried to leap by herself. She died as a result and they buried her. Florinda said that she almost went with her.

Carol Tiggs spent ten years in the second attention, from 1973 to 1983, at which point she found herself back in this world. Somehow her leap with Don Juan's party dovetailed with her experience with the death defier, which was reported in *The Art of Dreaming*, to produce this experience. She either didn't have clear memories of what happened to her during that time or she couldn't or didn't want to describe it to us. She gave a few details which I can't remember. Anyone else?

Carol Tiggs and Taisha Abelar are both writing books. Carol's will be called *Tales of Energy*.

Carlos Castaneda wrote *The Art of Dreaming* several years ago. He didn't want anything to do with it so he asked Taisha and Florinda to take it into the second attention and hide it there. So they wrapped it up in a box and took it there. Years later they returned to the second attention and retrieved it.

Carlos survived his leap into the abyss because he was no longer concerned with whether he lived or died. The bottom of the cliff was scattered with the bones of warriors that had failed to survive.

Carol Tiggs was with Carlos Castaneda when he planted the power plants given to him by Vicente (as reported in *A Separate Reality*) and the allies appeared and asked him for a ride, etc.

The current group is the end of Don Juan's lineage. They have not found a new Nagual. They will be leaving "soon".

Carol and Carlos made a child in the second attention. I understood this to be the "blue

scout" from *The Art of Dreaming*. The scout is about to finish school and when she does they will all leave.

This is how they introduced themselves when they addressed the group individually. Florinda: "My name is Florinda Donner-Grau and I am dreaming myself". Taisha: "My name is Taisha Abelar and I am dreaming myself". Carol: "My name is Carol Tiggs and I am being dreamed by Carol Tiggs, the Death Defier, Don Juan Matus and Talia". (I'm not positive about the order of these names, but I'm pretty sure these are the four she gave. Someone correct me if I'm wrong.)

At one point Carol was speaking about the death defier and someone in the audience gasped out "she's here" and Carol said "yes", with no further elaboration.

Carol, Taisha and Florinda were accompanied by two younger women (30s?) who they called the Chac Mools and who had, according to Carol, succeeded in attaching themselves to Carol and Florinda. They were not apprentices, she said, but through imitation had become part of their tradition and were beginning to learn dreaming. One other member of their group was present, Tracy, their literary agent. He was clearly connected with them and was introduced as such.

They all stressed the recapitulation as the key to overcoming our self obsession and to storing energy. They also had the Chac Mools teach us a series of sorcery passes, some of which are in Taisha's book. They said they had high hopes for these exercises, that they went directly to the body. There will be a videotape forthcoming at some point demonstrating these exercises for interested persons.

A few personal observations from the workshop:

When Florinda began to speak to the group the first night she was overflowing with so much energy that she was panting. I believe the panting was a consequence of her being in heightened awareness. Did anyone else out there notice the panting or have an opinion about it?

Taisha addressed the group on the second morning. She talked about and demonstrated (with a few props-wig, clothes, etc.) some of the identities she'd assumed as a stalker. (Construction worker, stock broker, buddhist monk-she'd just returned from 2 years in tibet? where she was part of a monastery and had to pass for a man. She succeeded, even before the Dalai Lama. I was to

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the side of the stage and as Taisha spoke she leaned forward to the microphone stand with her feet spread slightly and her body erect. She leaned so far forward that I thought she should fall over, but she didn't. I've tried to stand like that and cannot, I fall forward. Did anyone else notice this? The other thing about Taisha was that I couldn't get a fix on her face. It seemed to change. She would look older or younger or just different somehow. Did others see this? Any comments?

All of them were incredible. Friendly, down to earth, hilariously funny, and at the same time absolutely ruthless and chillingly detached. Florinda spent a lot of time talking about how we (especially the men) are all just a bunch of poor babies who constantly make excuses, see ourselves as victims, and want to be tended to by our mommies/wives. She pushed a lot of peoples buttons. Someone asked her if she was a vegetarian and she proceeded to talk about how we have incisors and are meat eaters, and our bodies need meat, and how vegetarians sometimes look a bit unhealthy. All of this with a malicious grin on her face. In the noiseless vacuum which enveloped the tent, Carol Tiggs couldn't contain herself any longer and burst into laughter, muttering between gasps and guffaws about the total silence in the room. Carol was something else. She prowled the stage on the last night, telling little stories about their experiences. Constantly on the move, she would relate one tale, then jump to another, then another, always leaving us hanging about the exact meaning. She was funny. She laughed at the image of all of us so seriously involved in our recapitulations- she said she pitied anyone who only recapitulated- and at the same time absolutely recommended that we recapitulate. She steered us away from anything ritual. She could be spooky, like when she introduced the topic of her disappearance by talking about the inorganic beings as the "body snatchers". She said they were looking for people to accompany them when they leap- clearly she was not talking about volunteerism, but rather about ability. Carol Tiggs said they liked movement, action. At the end of the weekend she told us to intend them back again. Florinda insisted that sorcery was a solitary path and that although she and Carol and Taisha lived in proximity to one another, they really didn't see that much of each other. She also steered us away from gazing. She said it was connected to *dreaming* and that she didn't think we were ready to deal with entities (was she daring us to try or really warning us?) and

that at this point we should concentrate on recapitulating and cleaning up our lives. Carol recommended we experiment with the not-doing exercises sprinkled throughout Carlos' books. I had a chance to ask Taisha if we didn't need a year off or so to recapitulate and she said absolutely not, just start doing it and you'll find the time. Florinda related a story of a woman who had seen her at a bookstore talk and had begun recapitulating and a couple of years later showed up at another talk. Florinda said her luminous body was very bright and stood out obviously. This gave Florinda more impetus to keep talking to people because she "knew things were happening out there".

Fourteen months have passed since the workshop. I try and recapitulate every day, even if only briefly. I usually just sit on my bed, often with my knees up and my back against a pillow. I find it difficult to perform. For me it takes a real effort and concentration, as well as letting go of expectations, to remember the feeling I had during each event I'm recalling. I often fall flat on my face, but when I don't I feel somehow energized. I'm a non-visualizer. I don't have a clue how guided visualization or shamanic drumming works. I remember Taisha saying that this is not a deterrent to recapitulating- so to any other non-visualizers out there, take heart! I also practice some of the sorcery passes we learned. Florinda said just to pick a few and do them, not to obsess on trying to do them all. So I just do some every day- not always the same ones. Like the recapitulation, I find they require a certain attitude of attention and abandon to be effective. I learn more about how to do it as I go along. Since the workshop, I haven't had any phenomenal dreaming experiences although at times I feel that the barrier to *dreaming* may be thinner than it was a year ago. During the workshop I had one *dreaming* experience. I had gone to bed after Florinda's incredible talk on the first night of the weekend. For quite a while I couldn't sleep, but eventually I drifted off into some kind of *dreaming* state. It felt like it went on all night (about 4 hours- until dawn woke me up) but I don't know for sure. All I remember is that I was in some place where I was seeing/feeling white filaments of energy outside of me. I felt there was a lot of movement going on. Everything felt compressed. As I was waking up I felt the whole experience condense itself into the shape of a giant box which then lowered itself onto my everyday experiential self. It was as if the box was a truncated version of what I'd experienced and was all I was capable of

retrieving at that time. I felt as if some channel in me had opened up for a while. I recognized the feel of the experience. Normally, I'm not a talented *dreamer*. Usually I don't even remember dreams, so something like this is a big deal to me. I'm curious if anyone else at that workshop had *dreaming* experiences that night.

I want to thank those of you who are putting this newsletter together. I trust all of your readers saw the fantastic profile which Bruce Wagner did of Carlos Castaneda in the March '94 issue of Details magazine. If you haven't already done so, please mention it in your next issue. At the workshop I heard someone talking about a radio interview which Taisha Abelar did last year. I don't suppose anyone has heard of a tape of it floating around?...

Source: Tucson, Az

Editor: The newsletter seems to have a bit of *intent* of its own, because a week after receiving this reader's letter, we received a complete transcript of the interview in question. We are waiting for permission to print it (one of the staff members comes from a moderate legal background and will not allow us to print it or send copies without proper documentation).

These were great notes and point out how different each view of a given event can be. It takes different personality types to notice different things. I personally like to hear how Taisha leans over, Florinda pants, and Carol prowls. I hope that other readers who have attended this lecture series will also make a report. They are sure to have something new to tell.

UNUSUAL ENDORSEMENT BY CARLOS.

A reader wrote in mentioning that Michael Harner's book, *The Way of the Shaman*, has a quote on its cover from Carlos. The quote reads: CARLOS CASTANEDA SAYS: "Wonderful, fascinating...Harner really knows what he's talking about."

I can't recall any other book on shamanism that sports such an endorsement. The wording is a bit odd, as if Carlos had something in mind, but nonetheless, it's a rare endorsement. While we're on the topic, who are the people who reviewed Florinda's latest book? The fact that they got advanced copies and were asked to review it says something.

I read a bit of Michael's book and found it easy to read and well written. There is a statement in the introduction which is not true, but perhaps Michael was simplifying the topic. He states that shamanic states of consciousness, being willed by the practitioner from a conscious waking state, are safer than dreaming, where one may not be able to wake up from a bad experience. Boy can I testify this to be untrue! The next time I get stuck in a state willed from waking, I just hope Michael is around to pull me out of it.

Michael is also prominent in some magazines on shamanism where one can often find a list of his lecture dates.

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LOVING THE PHANTOMS

When Carlos' group talks about other worlds, they sometimes emphasize how our love can extend to these other realms, if we truly know how to love. A recent dream episode I had drove this point in quite soundly for me. In one case, I took it a bit too literally. In the other, I wasn't following the advice.

I was having an ordinary dream, but like all of my ordinary dreams lately, I knew I was dreaming. I just didn't remember to practice *dreaming*. In that sense, I guess it was a lucid dream.

I dreamt I was lying on a couch and I saw a weird looking child on the other end of the room. As soon as I saw it I asked, "who are you?" It replied "I'm your little boy!" In the real world, I don't have one.

He waddled over to the couch I was lying on. Incidentally, I was dreaming that I was trying to fall asleep and go into *dreaming*. The little boy climbed up on the couch with me and gave me a big hug. He was lying on his side next to me, and I was holding him in my arms, hugging him.

The little boy made a very disturbing remark. He said, "We're kind of going at it, aren't we?" I didn't like the sound of that at all. I decided to put an end to it by dreaming up an older girl on the table next to us. I succeeded, and I pulled her onto the couch with me. She hugged me, and the little boy had to move over to my other side.

The girl said, "I don't like him on the couch, he's trying to crush me." I was getting into the hugging at that point and I rudely pulled the little boy off the couch. I knew I was dreaming, so I didn't have any reason to feel badly about using the phantoms for my own sordid purposes. The girl mentioned that she knew something more fun to do. There didn't seem to be any consequences, so I did.

The dream started to fade at that point, and the little boy rushed up angrily. He indicated that he was going to make things unpleasant. I grabbed his arm and said, "Oh yea, watch me make you go away!" He tried to run, as if that would keep him from disappearing when my dream ended, but I held him tightly. I looked him in the face and in a mean voice said, "Bye!" I awoke.

I hadn't had any real sex in years, or any dream sex for that matter, so when I woke up I thought it was all quite fun. I reached behind the bed for my glasses, but I knocked them back and a bunch of stuff fell to the floor. The sound scared me because instead of being the 10 or so items it should have been, it sounded like a few hundred small objects had fallen under the bed. The variety of sounds was quite outlandish.

Then the bed began to push up. There was definitely something under the bed. The items had awakened it, and it was mad. I fancied it to be the little boy, or whatever he was. Images of allies sneaking into the real world raced through my mind. I realized that I must still be asleep, or at least halfway so, but I was truly terrified. It sure didn't feel like I was asleep!

The bed rose so high that I began to roll off and onto the floor. I felt the rage of the jilted little boy. Not knowing what else to do, I just relaxed and decided to enjoy it. It had definitely lapsed into the realm of *dreaming*, and I hadn't done any that night. As soon as I resigned myself to what was happening, I awoke again, this time in the same spot on the bed. I was surprised to find I hadn't tumbled to the floor after all.

Everything felt quite normal then, and I was feeling a bit guilty for my treatment of the little boy. I decided that from now on, it would be best to be kind to every phantom, regardless of whether it possessed awareness or not. I tried to move, to get up, but found myself paralyzed. Panic rushed back in. Waking up two times was enough, I didn't want to have to wake up a third time! Something in the room began to stir. I knew that if I didn't move now, I would have to go through the little boy's rage again. I struggled very hard, against excruciating pain, and rolled off the bed. I stood up, and it was over.

Source: Withheld

STRANGE CONVERSATION

I was awakened late in the morning by the sound of a child's voice playing outside. I began to think my usual thoughts on the subject; "Darn that kid's mother! How rude to let him play so loudly outside other people's apartments!" I was frustrated that my first attempt to get back to *dreaming*, after two full years of recapitulation, had failed so far. I'd struggled very hard all night. I decided that I'd sleep all day if that's what it took.

The child's voice kept reverberating outside my apartment. I wondered how the child's mother expected anyone to sleep with that racket! "Hello there," I heard a passing woman say. "Hi" replied the little boy. "I went to San Francisco last week-end", he casually remarked, the way four year olds can do. "I'd like to go there", the woman said. "It was windy, I did everything," replied the boy, "Now you don't have to go because I already did."

Time passed, and I was still trying to get to sleep. I heard the boy say, "Did you have a baby by that man?" "Yes I did dear," replied the woman. The boy went into an elaborate analysis of her relationship with the man and how it affected the behavior of the child. "Isn't that child ever going to stop talking?", I thought to myself.

I just couldn't get back to sleep! I got up to go to the bathroom. On the way back I peered at my digital clock. Despite the large display, I squinted my nearsighted eyes to see the huge glowing red digits. It was 10 O'clock. I speculated that I still had time. As I lay in bed, trying to go back to sleep, I saw the second hand on the clock. It was going too fast. The minute hand was following it, as if they were stuck together. It occurred to me that if I could get back to sleep and slow the minute hand down to its proper speed, my *dreaming* would begin. In *dreaming*, clocks ran in time, I remembered. I worried that I couldn't fall asleep that fast. Finally, I succeeded in getting the second hand to slow down, but the minute hand was still following it, at the same speed. Something was wrong with the numbers on the face of the clock. I decided there were too many, and the crisscross pattern covering them was somehow not right.

I began to fret. I'd been so sure I could get into *dreaming*. I knew my energy level had increased. Why wasn't anything happening? I'd struggled so hard, all night. The clock's hands moved in the reverse direction. Frustrated, I changed my position in bed, hoping to get to sleep that way. A bit of scenery materialized under the clock face; a table. I strained to slow the minute hand. A piece of wall appeared. It wasn't *dreaming*, I figured, but maybe I could find *dreaming* in there. I ran my hand down the wall. The table finished itself and I saw the ground under it. I stooped down and put my hand firmly on the ground. From that perspective, the table was small enough to grab. I remembered Florinda's advice and put my arms around the table. The scenery was solid. At last I was *dreaming*!

Source: CA

Editor: This reader was worried that his strange story wouldn't be understood by other readers. He provided an elaborate explanation, but I just hate it when someone explains a joke after telling it. I'd rather miss the punch line.

UNINVITED GUEST, PART 2

After I realized that the telephone ring was part of the same phenomenon as the door knock, the phone stopped ringing. Weeks went by with no interruption to my *dreaming*.

My sleeping habits were so irregular that it became difficult for me to remember when I had been sleeping, and when I had been awake. I had no idea how many hours per day I slept, it might have been as few as 5 or as many as 12. My habit was to sleep for a couple of hours, wake up to do some work and eat, and then sleep again at my next opportunity. Combined with the recapitulating I was doing, the days became a blur and I had no idea when one day ended and the other began.

One day I awoke at 5 in the evening. It was still light outside, but the blind was up on my window and it was dark in the room. I got up to turn on the light over the bed. As soon as the light turned on, I remembered something odd. The light had burned out and I had never changed the bulb. But when had that happened? I remembered that I had already been up that day. I figured that must have been when the light burned out. I strained to remember exactly what had happened and then it came to me.

It was about 11 o'clock in the morning and I awoke. I didn't want to get up, I was still tired. But I felt some agitation in my stomach, and I finally decided to turn on the light and just sit up on the bed. I tried the light, but the switch just clicked. Since it was a three way bulb, I turned the switch again and again. No luck I thought, the bulb was burned out. I remembered that I had purchased bulbs at the store and still had extras in the cupboard over the stove. I got up to go to the kitchen and get a spare bulb.

As I passed the living room, I caught sight of a leg on the floor. Startled, I turned around and found a woman sitting on the floor in my living room. I was extremely frightened by the discovery, but because it was a woman I didn't feel in any particular danger. "Who are you! How did you get in here?!", I asked. The woman was looking down and I couldn't see her face. She didn't answer. I began to think about the possibilities and I decided that she must be someone I know, and had snuck into my house because she was in trouble. Her hair looked familiar. I put my hands on her shoulders and shook her to get her to look up. "Who are you!" I shouted. She looked up at me and I thought I recognized her. She had the features of two women I know. I strained to figure out which she was. Something else was beginning to scare me and I became dizzy. Her face became blurry and then finally it cleared up and I recognized her.

"I'm Tammy!", she said. "I live here now!" A wave of something thick, which resembled fright, knocked me back a little. A horrible confusion clouded my head and I struggled to think. "No you're not!" I screamed. "I'm confused, what's going on here..." I fell backwards.

My memory ends there, but I have vague memories of a dream I had in which I picked the same woman up and carried her. But my memory of the woman in the living room does not feel like a dream. I searched the apartment, but I didn't really expect to find anyone.

Source: Corona, CA

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DREAMING EXPERIENCES

Editor's note: There is an interesting common thread to all 3 dreaming short stories this issue; the overlap of *dreaming* into waking. The interesting part is how messy it is.

Fat Lizards.

Three times since the beginning of this year, I've come across strange presences in dreams, a fat lizard-like animal that started to glow fluorescent after it caught my attention, a woman with one nostril (in the same dream). In another dream I was walking by some cliffs by the coast when I saw a cave. I entered. A rock inside the cave caught my attention. It was about the size of a football. After inspecting it for a while from several angles, it started to move (crawl). I touched it with my left index finger for a while. It felt the normal temperature that a rock should be, but when I pulled back my finger there was a small round burn mark on my finger. The dream then faded.

Source: Altadena, CA

Editor: But was it *dreaming*? It takes on a completely different meaning if it was. If you have lots of experience with *dreaming*, then it reminds me of the story of the walking stick Carlos found.

Damiana Dream Society.

... Our group meets once a month. While we are interested in Castaneda's group, we also explore other directions. Some of us had problems understanding *The Art of Dreaming* & had to go back & re-read his earlier books to refresh. We've read most of the co-workers' books.

Personally, I have found recapitulation can be done without the use of boxes, closets, etc. Just the act seems to suffice. I found it a powerful experience... Our group is 1/2 men/women.

Source: St. Paul, MN

Editor: You can put more about your group in the Junkyard section if you like, I can even reproduce your fine logo. I wasn't clear if this was a discussion group or if you were attempting to help each other with *dreaming*. If it was a *dreaming* group, the last group I heard about like this ended with disillusionment. They didn't have the energy for what they were trying to do, they hadn't done much recapitulating, and only a few people were serious. The rest were just there to visit with friends. I believe it could work, but would require a fierce effort from all. Keep us abreast of what happens.

Dream words.

... In dreaming I experienced a room where a "person" I did not know was appearing and disappearing although I had no desire to go with them as Carlos did. It did provoke the question of how does the process occur. Shortly thereafter I started receiving new words in my dreams from people "I knew" and others I didn't. My time perceptual base is off, but I have received 4 words over the course of 6 months to 2 years.

The first dream I was in a little shop that was open in a mall type setting but the counter, which had flowers and postcards on it, was perpendicular to the main wall that had candy and magazines in horizontal rows stacked vertically. I did not look down the corridor to my left nor did I look directly behind me although I was aware of a large glass window that would be common at airports. I went over and started to pick up a hersies chocolate bar with almonds and a person I vaguely know came up and said, "you don't want that". I responded automatically "why not?" "It has phoresis in it." Quizzically I responded "What's that?" "Vitamin E", he responded...

Source: Mesa, AZ

Editor: This reader was puzzled by 4 words which were Phoresis, Arsophobia, Strombolitis, and Shimmy. He wanted reader input on Strombolitis.

Again, was this *dreaming*? A common story is that people approach Carlos and describe very detailed and weird dreams, but Carlos always tells them to do *dreaming* first and then worry about their dreams. This story is a very good example of why readers should state this fact up front. If these were ordinary dreams, they're just distractions. It's hard enough to develop the *intent* to *dream* without having to worry about other stuff. That doesn't mean we aren't interested in this input. In fact, this reader sent another letter indicating that his approach to *dreaming* centers around senses I haven't even thought of using. We'll have to print it next time. But as a general rule, we'd like to know up front that something was *true dreaming* just to discourage ordinary dream accounts.

Along the line of this reader's interest, I just noticed yesterday that at the end of *The Art of Dreaming*, it says that all of the old sorcerers fell prey to the inorganic beings and became intermediaries between that world and ours. With that many intermediaries running around, shouldn't we run into a few from time to time?

This reader is a martial arts expert and is also interested in other techniques, so maybe this is something from another teaching. I'd like to encourage this reader to report what he can remember from a lecture he attended, maybe with the twist of his opinion on the stances used in the sorcery passes.

Mud on the gate.

... Ever since I first tried to do *dreaming* at the second gate, my *dreaming* has become very different. It started when I succeeded in being pulled by a distant object. I was literally sucked over to it by the pull caused by staring at the object. After that my *dreaming* became muddled, a confusing mix of the three ways Carlos had described second gate *dreaming*. The trouble is that the 3 methods, although exactly as Carlos has described, are not what I interpreted him to mean. For instance, if you stare at an object it can either suck you over to it, or cause the *dream* to change. But what happens to me is that the *dream* only changes partially, or I'm not aware of the change and think that something is interfering with my gaze on an object.

For example, while staring at an object, trying to be pulled over to it, I suddenly found myself staring at something else. At first I thought that my concentration or my volition was off, so I continued to stare at the new object. I was feeling a definite pull, but before I could be sucked over I again found myself looking at something else. This time I thought I had simply shifted my gaze a few feet over to another object. I started again, but I heard voices and noises in the distance. I immediately knew an entire world's worth of information about the voices. I knew they were coming, they were women being chased by thieves, they were riding bicycles, and they needed my help. I got pulled into that dream, but I still had enough volition to look at my hands and only partially participate in the dream. It wasn't until I woke up that I realized that the dream had in fact changed as a result of gazing at the object, but the transition wasn't the clean, clear thing I had expected. It was a muddy mess.

Besides looking at objects and being pulled by them, I also constantly *dream* of waking up into another *dream*. It happens exactly as the words used by Carlos describe, but not as I expected. What happens to me is this; I'm having an ordinary dream and suddenly in the middle of the dream I remember that I want to do *dreaming*. But my judgment is off and instead of starting by looking for my hands, I sit down where I am and try to go to sleep with the intention of going into *dreaming*. I close my eyes and concentrate and eventually I do succeed. With my dream eyes closed, I see another dream and I walk around in it doing ordinary first gate *dreaming*, until I run out of energy and wake up back into the first dream. Then instead of realizing I was *dreaming* all along, I try to do it again. Usually it's incorporated into the details of the original dream and I have to deal with dream phantoms between attempts to go to "sleep" and *dream*. It's really confusing, the part that bothers me is that I don't realize the absurdity of it. I actually get frustrated when I wake up from the second dream back into the first. This is an even bigger mess than the gazing technique.

In Carlos' books everything is so clear and the transitions so neat. This makes me wonder if I'm actually at the second gate, or just going through some type of egomaniacal delusion.

Source: CA

Continued next page.

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More TM people.

I am a psychotherapist who has practiced TM 7 years. I've read all of Castaneda's books and long for a mentor. I would enjoy corresponding about *dreaming* - want to flow with the Tao and fly. In transcendental meditation I've experienced myself attempting to dissolve in the wind, expand, glow followed by multiple synchronistic events. I need to experience more.

Source: Oklahoma City, OK

I am interested in receiving the newsletter. As for myself, in the mid-70's I read what was available and into the 80's but with little success on my own practices. I dropped it and went into 9-5 for 15 years until near extinction stopped. Now working in Vedic Astrology, and Yogic practices with breath, mantra & meditation, to heal the last 15 years of abuse, and a life.

I still have a strong area in dreaming, but could not access it properly due to internal stress which has much reduced. So now that more information is available and possibly seminars, I want to take another look...

Source: Seattle, WA

Editor: We get a lot of TM practitioners. I think it's because their *Sidhi* program attracts Carlos' followers. Now I don't know for sure if the second reader was one of those, but he sure sounded like it.

Taisha has recommended meditation as a way to learn to shut off the internal dialogue, so all you have to do now is recapitulate. Transcending = shifting the assemblage point, but you'll have to keep the practices separated because effort is bad in TM, but good in sorcery. Taisha has also stated, in *Dimensions Magazine*, that too much oriental meditation fixes the form and should be avoided. In TM, this form fixing might be called "bliss", or even "unbounded awareness".

Since we are on the topic of meditation, a few readers report very good success getting into *dreaming* by sleeping all night, meditating in the morning for about 20 minutes, and going back to sleep. Very good success means from 1 to 5 times per week. We also had a reader who had done *dreaming together* with a TM person through this method.

But one reader reported that the quality of *dreaming* gained as a result of sleep after meditation was somehow different. The mood of the *dreaming* he got that way was tainted, and he felt that his volition was of a lower grade, if that makes any sense. Myself, I'll take any *dreaming* I can get, low grade or otherwise! Another interesting thing is that although this reader could get into *dreaming* easily through this

method, it didn't increase his ability to get *dreaming* at night by his own will power. I believe that has something to do with *intent*, but I don't know exactly what.

First Dream.

... Three weeks ago I found my hands in *dreaming* (1st time), which in any case meant while *dreaming* ordinary/bizarre dreams, I realized that I was *dreaming* and that now would be a good opportunity to "find my hands". Suddenly I was looking at them both. They looked more delicate than in the consensual daily world. And because I must have expected that I too, as Carlos did, would see them as grotesque-looking or deformed in some way, I was perplexed that they looked relatively normal and thus became stuck in looking at my hands in search of deformity, instead of moving my gaze towards other elements of the dream...

Source: Santa Fe, NM

Editor: People have different ways of doing *dreaming*. It's interesting that in *The Art of Dreaming*, don Juan accuses Carlos of wasting time at the first gate by becoming obsessed with looking exclusively for his hands. It sounds like you fell victim to the same thing.

There is more to this letter than meets the eye. Our expectations may be tainted by the accounts from which we're learning. For instance, in *The Art of Dreaming* Carlos has some experiences that are so drastic that they surprise and worry don Juan. It's easy for us to forget this and expect the same kind of happenings.

Here's another example. In the "Zooming at the Second Gate" story, the reader had one good success in his first attempt, but he expected a lot more. That was probably because of Carlos' description of how he zoomed from item to item in the mountains on his first attempt. And look at the coincidences in the two accounts. Carlos zoomed through a window on his first attempt, and ended by zooming around in the mountains. This reader did the same. The only difference is that this reader didn't seem to be able to find any farm equipment lying around.

Pardon me if I'm starting to talk like an "expert". I just thought that was interesting.

Not-doing and dreaming.

...I'm sure there is a magical side to not-doing, but I find its effects to work in a perfectly understandable and "ordinary" way. It aids me in my *dreaming*. What happens is that the not-doing is something unusual and triggers dreams about doing the same thing. I've noticed this effect all my life; doing something that you are not used to results in dreams about the activity. The more you do it, the more likely it will crop up in your dreams.

The difference is that not-doings are unusual and feel strange when you do them. The same feeling crops up when the not-doing makes it into a dream. In other words, the same feeling that I get when I'm doing it awake, that this is a weird thing to be doing, is produced in the dream. This often gives me a moment of bewilderment in my dream and I get a chance to realize I'm *dreaming* and need to do *dreaming*. New physical exercise does the same thing, and Taisha has suggested it is a way to "wake up" the energy body. Maybe a lot of this stuff begins to seem ordinary as we understand the mechanics of it. I recommend that people try not-doing as a way to gain lucidity in dreams. I bet you'll find out the same thing I did...

Source: CA

Dream storage mapping.

... I knew if I was to succeed in the *dreaming* exercises I would have to stop doing drugs and drinking. When I did, my dreams really took off... Within a year I found my hands, it took me about two days to remember that it was my *dream* body because I was ten feet away lying in bed... I have also been releasing dreams by pressing on different spots on the lower part of my body with great and sometimes bizarre results...

Source: Eagle, Idaho

What one reader is up to.

... For the energy required to operate in the *dream* state I found that Don Juan is correct and sexual energy is indeed needed to set up *dreaming*... Also, I ordered a NovaDreamer and its related books and manuals from the Lucidity Institute. This ingenious device alerts one when one is in the dream state. So far I have been able to recall up to eight dreams within a night and every single night I can remember my dreams. On several occasions I have been able to gain enough lucidity in my dreams to find my hands, glance at several dream objects, change dreams and even fly around...

In one dream I was in my *dream* body which I made sit cross-legged on the floor. I then had another dream through this *dream* body. The vision I had through this *dream* body was infinitely clearer than ordinary reality. As I gradually awoke I became aware of both my reclining physical body, my sitting *dreaming* body and the vision my *dreaming* body was having. I also realized that the energy coming to power these *dreams* was coming from my lower abdomen... In another *dream* I recognized that there was an inorganic being behind the *dream* image of my wife. This inorganic was attempting to steal energy from me (it seems they do this either by fright or dream sex). In the ensuing struggle which I assume I lost, I was able to have awareness of my sleeping physical body, my struggling *dream* body, and a strange trip to a place where it was completely black with tiny white lights in symmetrical patterns...

Source: Monroe, NY

Editor: This reader also practices meditation and shamanic techniques, including the use of shamanic drumming. He is going to take a workshop with Michael Harner.

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BATTLE WITH RAIN.

About two weeks ago, a striking thing happened - I was taking a late night walk along a deserted street in my neighborhood. When I had started out, there were stars shining brightly between irregular black masses of clouds, but as the walk progressed, the sky became increasingly overcast.

I take walks to quiet down the mind, but even though almost a mile had been covered, I was still rehashing the events of the day. A few drops began to hit the leaves.

Suddenly, my awareness was captured by the sound of the drops. Something wasn't right. Instead of the usual sound of raindrops coming from all sides; there was a blast of drops hitting only a single tree on my left, followed by another series hitting a tree to my right, or one in front or in back of me.

I listened intently for a moment before terror set in. The randomness I had always associated with rain was gone, and in its place, I sensed an intelligence behind this pattern of sound.

I started running. It started raining harder and turned into a normal rain. I slowed down and got soaked. Then, feeling strangely exhilarated, I yelled 'thank you' to the universe. Later, the thought occurred, "This must be what Carlos felt while hiding out in the bushes and witnessing the wind searching for him."

Source: PA

BLANK STARE

My last encounter with Carol Tiggs (at the RIM conference) was brief. She looked me up and down and then stared at me. She tapped me on the chest and said, "get grounded." I thought that was a strange (yet compassionate) comment from someone who's been off the planet for ten years. Then she walked away towards some other people, but when she was a few yards away she turned around towards me. Someone was standing partially in front of her and all I could see was the left half of her face. A black blank stare of intent was coming at me from her left eye. Then she was gone.

A few weeks later I was back in New York in bed with my girlfriend. I was telling her about the meeting with Carol and the others and I remembered that last look coming from Carol. As I was describing it I got hooked into the energy of that intent. The sound of my words seemed to be sort of far away. My mouth and voice were moving in a way that was connected to something else. My friend and I both felt our bodies begin to dissolve; to fragment into energy.

- Then something shifted. - Maybe it was our fear or just the newness of the unknown. But the reality shifted back to ordinary and we said, "What just happened?" It did kind of freak us out, but it was also humorous as well. And we still get chills and laugh about it when it comes up. I'm still wondering how I did that and would like to do it again.

Source: New York, NY

THE SORCERER'S APPRENTICE

My interest in Castaneda began at the age of 24. About a week before I started at University, I had the great good fortune to meet a fascinating older man, an ex-academic who had done research at Sussex University into shamanism in general and the magical traditions of Britain in particular.

What he talked about was apparent nonsense, but he had a quicksilver mind and a strange enigmatic quality, a confidence that was almost frightening, that I could not resist. He said he was a Sorcerer. Via a complex and bewildering series of events I became, to my own astonishment, his apprentice.

The apprenticeship lasted for three years and began with an emphasis on the ancient magical practices of Old England, the Anglo-Saxons and Celts, lots of earth-magic, tree and fire spirits, ley-lines and ancient sites of power. As it developed it became more abstract and philosophical, and pulled in threads from all sorts of traditions and writers and thinkers, centering finally on Castaneda's work.

My teacher was not in the league of don Juan or Genaro, but he thoroughly shattered my continuity and pushed me into many bizarre expressions of awareness. If I were to write it all down I don't suppose it would sound all that different from some of the events in *Journey to Ixtlan* or *Tales of Power*.

Although I had some dramatic visions and dreaming experiences, I eventually found these to be unsustainable: I wasn't solid enough and didn't have the energy to maintain my sense of self. The relationship between my teacher and my self was intense and highly cerebral, and we slowly found ourselves at the rough center of a Hippy/Occult scene.

This was fun, but became increasingly hedonistic; people were taking a lot of LSD and thinking all they had to do to achieve Cosmic Consciousness was sit about on a hill and wait for something weird to happen. Although I squirmed about trying to avoid it, it eventually became obvious to me that I wasn't going to get anywhere off-planet until I'd sorted myself out as a tonal. My life was ragged, I had no money, no concrete goals, and my flat was a dump.

I realized I felt anxious about the future and was carrying all sorts of neurotic baggage from the past. Above all I felt that I had no inner silence, and that although I had experienced silence and had felt it for short periods, I was going to have to change myself radically to get that extraordinary alertness and composed passion to stay.

Attempting to make these changes in myself seemed only to bring me into conflict with other people I knew who had shared similar interests, and eventually I became estranged from them and my teacher. I am still in contact with him and a few others, but I am no longer in a teaching relationship with him. So since then all my intent has gone on learning how to deal with the everyday world, amateur stalking I suppose.

Source: Norfolk, England

Toltec Dreaming:
The Legacy of Don Juan
Florinda Donner, Taisha Abelar,
and Carol Tiggs
July 23 - 25

This is an opportunity to study with practitioners of one of the world's most mysterious spiritual traditions. The books of Carlos Castaneda, Florinda Donner, and now Taisha Abelar have changed the way our entire generation thinks and perceives the world, yet the individuals themselves have shunned publicity.

Their ancient tradition, sometimes called Toltec sorcery, originated in pre-Columbian Central American shamanism. It includes readings in Seeing, Dreaming, Stealing, Living, and the discipline of Warriorship. Practitioners begin to see the universe in a new way, one that cultivates personal power and presents the potential for unlimited freedom. Actions are guided by the manifestations of Power.

Anthropologist Florinda Donner completed an apprenticeship in Toltec sorcery with the renowned Don Juan Matus (discussed in the works of Carlos Castaneda). She is author of *Dreaming*, *The Witch's Dream*, and *Shobono*. Taisha Abelar, author of *The Sorcerer's Crossing*, is a martial artist and scholar who also apprenticed with Don Juan. Carol Tiggs is the mysterious "Magical Woman" referred to in the books.

They will be assisted by colleagues from their tradition, the two "Choc-Macs." The weekend is a combination of teaching, lecture and practical work, yet the work itself is unpredictable.


Cost: \$195 tuition. Meals and shared lodging are \$100, or \$70 if camping. Please note: Absolutely no photography, audio or video recording permitted.

Shamanism and the Spirits of Nature:
A Foundation for Shamanic Studies Advanced Workshop
Carol Proudfoot Edgar
July 30 - August 1

From ancient times shamans have worked with the spirits of nature for healing, survival and knowledge. By learning from plants, animals, stones and the elements, they helped their people to live in harmony with the world. All of us are descended from these ancient peoples who lived in closer close to the earth, and in closer relationship with other beings.

In a world now out of balance, the way of the shaman reaches us to respect and restore our connection with nature and spirit. As our ancestors once knew, humans will survive only if they look after the survival of all their relations. This weekend, through intensive shamanic journeying and other practices, we shall rededicate ourselves to a living Earth.

(Continued on Next Page)




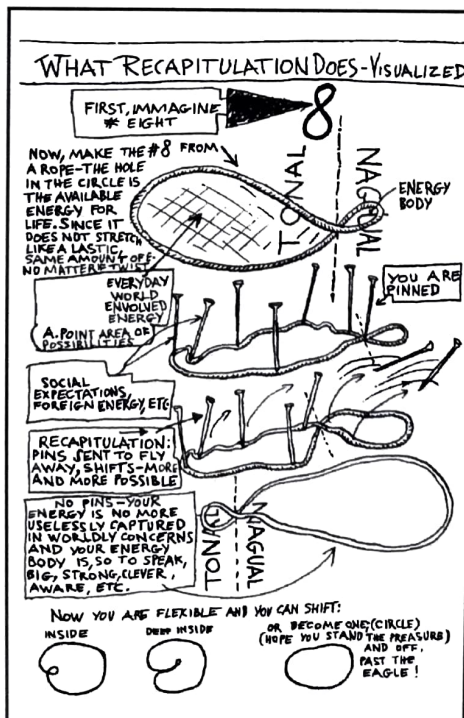
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(Continued on Next Page)





A reader sent this picture of how the recapitulation works. I liked the image of the rope volume looping into the energy body.

There doesn't seem to be a mailing list from which people find out about lectures. Here's how the RIM institute lecture was advertised. RIM is at HCR Box 162-D, Payson, Arizona, 85541.

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CARETAKER'S CLOSET

A collection of strange objects.

Rather than leave out any reader comments that apply to Nagualism, we have created this column as a storehouse of whatever you find out there and care to send in.

Spunky reader.

Please send me your newsletter. I could always use a good laugh. The idea of printing a newsletter pertaining to the warrior's way may indeed be the most ludicrous thing I have ever heard of. Even more absurd than writing about sorcery in the first place. Nonetheless, I admit that I am interested in hearing what you + your readers may have to say, particularly as I personally know no others out there who agree, or who will agree beyond a certain point. Also, a Question! You claim that there are no naguals on your staff. Are you sure about that? And if not, why not?...

Source: Phoenix, AZ

Editor: I once stood naked, in a pail of cold water, in front of a mirror, in the dark, for 2 hours trying to figure out if I was a Nagual. The only conclusion I came to was that I needed to lose some weight. Just kidding! Seriously, I hope to God that no one on the staff has Nagual potential. Imagine the incredible burden of leading a group of sorry apprentices to freedom. It's much better to be a naughty kid than to be Santa Claus.

I liked this reader's letter because it was spunky. Long time practitioners seem to develop certain personality quirks, and spunkiness is often one of them. I think that other readers have toned down their submissions.

Welcome to the newsletter, if you don't get a good laugh, we'll refund your money. I fully agree that the newsletter was a ludicrous idea.

Finding your scale in dreaming.

...I practice recapitulation and the piano. Results? My musical skills improve. I find *dreaming* difficult. Perhaps I should look for my hands as they run an A major scale.

Source: Grass Valley, CA

Editor: I think that's a great idea! Someday I'd like to see someone who got good at *dreaming*

by a method other than finding one's hands. Another plus to this idea is that your energy body and you could play *doubles* on the piano.

Connection to Carlos?

... I have read and re-read Carlos Castaneda's books for over twenty years, and just now learned there is an organized group and letter. The latest book I found a close relationship with. Please inform me of any relationship with Carlos Castaneda, his work, his group.

Source: Norfolk, VA

Editor: No connection to Carlos here. Reader's shouldn't think that we are being deceptive and there is, there is certainly not. If Carlos were to do something like this, I'm sure he'd get someone much more qualified. Now if you meant inform you of any lectures, we'll send out postcards if we find out about one.

Sorcery school student.

...I am currently about to finish my second year of training in a system based in Vancouver, British Columbia and Seattle, Washington. At this time it is a seven level program; I am about to finish Level III. The first seven of Castaneda's books are required reading during participation in *each* level. Most of us also read his eighth book and anything from his sorcerer's party we can lay our hands on. There are approximately 200 to 250 students in the student body, and we are growing all the time. We are stalkers, training as impeccable warriors on the path to freedom.

It was exciting to realize that Carlos and his party are out and about giving lectures. If any of them were to be willing to come to the Seattle area, I know that at least the sum total of the student body I am part of would "camp on their doorstep!" I would be happy to volunteer to do any of the leg-work involved to facilitate such an event...

Source: Renton, WA

Editor: We don't know how to set up a seminar, but if we hear of one we will send out postcards to our readers. Please keep it to yourself. When we published Carlos' agent's phone number, the phone was rumored to be disconnected the next month. We hope that's a coincidence, but we'd hate to be responsible for sending 250 sorcery school students to one of Carlos' lectures. By the way, if you feel a certain anti-school sentiment in this issue of the newsletter, please don't feel unwelcomed. This is a do-it-yourself publication, so it's only natural to see that. You are very welcome here and we hope you feel like sharing why the school attracts you and what kind of school it is.

Joint efforts?

... We also need the non-verbal doings: the recapitulation, etc. Are joint efforts with others inter-

ested in these things possible? How about an NNL readers' expedition to surroundings, not necessarily a place mentioned by C.C. & company? How about generating a list of such places from reader input! Here's my contribution: a circle of rocks in the hills in O'Melveny Park near Granada Hills, CA... What is the significance of the photograph on the front cover of Issue 2?

Source: Altadena, CA

Editor: People haven't liked that picture at all. We wanted the lava mountains, but none of us have been able to get away as yet. Anyone got a picture of them for issue #5?

About the field trips: Myself, I'm a bit of a recluse. But lots of readers have expressed interest in grouping. The Junkyard column is at your disposal if you want to set something up.

A technique from the Dimensions Interview.

... The basic interview. TA explains stalking and the need to maintain order and reason even if in a totally different realm, the new line, and recapitulation. She describes a match technique to quiet the internal dialogue: "You just hold up the flame of a match and you look at the flame for a moment, and then turn it upside down and hold it in your left hand and look at the flame as it burns the bottom of the match in front of your eyes, and that quiets the mind. ... You can use any minor meditation techniques. I wouldn't go heavily into Oriental meditation techniques, because you're already doing the recapitulation and you don't want to get fixed into any form..."

Source: Oakland, CA

Let's keep it practical.

... In an editor's note on page 3 of issue 2 you make a statement that does concern me about the future of Nagualism. You, I hope mistakenly, imply it to be a doctrine. It seems to me that the problem with all these other belief choices you referred to was that they became doctrines. Doctrines inhibit individuality and I have yet to see that barrier of misguided central leadership in Nagualism.

Source: Ashland, MA

Editor: I was really glad to see your letter, it's nice to know there are some who value the challenge of doing it alone. Sorry about issue 2, my head was throbbing from listing all of those wonderful doctrines and the word just slipped out.

If you felt uneasy about issue 2, issue 4 must really give you the willies! I'm afraid that after Carlos leaves, the vultures will fly in and eat what's left of the carcass. You're right, a doctrine is a terrible thing. We'd better try to make that leap before we all get indoctrinated.

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General comments.

Here are some general comments and questions. I hope that Taisha Abelar and Florinda Donner will write more books and grant more interviews. It was their books that led me back to Castaneda's books, which I had given up on some years back.

Is Carlos going to write more books? How about a book length interview with Carlos.

If don Juan gained the freedom to access other worlds then he must have the ability to access this one as well. Has he ever returned here? And does anyone really know where he is.

The brief descriptions of some of these other worlds in the books are far from attractive and I wonder if these sorcerers have accessed other worlds that are attractive.

What happens to the Assemblage Point when a person dies? Does it automatically move to a particular place?

It's not really made clear how one develops the Double or *Dreaming Body*. Can the Double be used in everyday life?

These are just a few questions that perhaps someone has answers for.

Source: Northbrook, IL

Editor: In issue 2 someone asked a bunch of questions, but I didn't have any answers that time. This time, I think that every single one of your questions was addressed in a previous issue, or maybe in this issue. Every time I worry that the newsletter is a bad idea, I just remember how little I knew about this stuff before it started. It can't be all bad. Just to prove it, I'll give a swing at each of the questions:

Taisha has "Stalking with the Double" coming along, and Carol has "Tales of Energy". No mention of Florinda that I can recall. On the other hand, we have reports that Carlos' group is leaving when the blue scout graduates from school, and she has. If they haven't been published at that point, what happens to the books then? We also have Marilyn Tunneshende's book about stalking through *dreaming* coming. I know some readers think she's a fake, maybe the book will tell.

Carlos said he had another "work" for a future time in *The Art of Dreaming* introduction. There is a book length interview mentioned in the Publications of Interest section, but only in Spanish. Maybe they're trying to lure us to learn Spanish. I believe we have a reader who knows Carmina Fort. Maybe that reader could find out why the book isn't in English. Can we help? Magical Blend is also interested.

Marilyn says that don Juan comes back all the time to visit her, and that he's with other sorcerers who are unraveling reality in all directions. But lecture notes from Arizona in this

issue say that don Juan got stuck on the edge of the second attention and needs rescuing! Wow!

I don't know about you, but those worlds sound attractive to me. I like horror movies. But there was that "Glory" world that they found. Maybe you'd like that one.

The witches have made it clear that the assemblage point is a feature of a living being. It just goes out when one dies. The time frame is vague.

Now about the double - there is something really weird going on there. Did anyone else notice that Carol claims to have been with Carlos during the visit to Vicente? But that happened early in the apprenticeship. According to the books, Carlos didn't know who Carol was until the end of the apprenticeship. This is the kind of contradiction that the detractors of Carlos should harp on. Instead they harp on the petty stuff. Could it be that the second attention experiences Carlos had, as a result of the Nagual's blow, were superimposed on top of the normal memories he had? In other words, the books up to this point give the impression of don Juan striking him on the back and then taking him somewhere else he didn't remember, until years later. But maybe both events took place at the same time. There are hints of this in the practice jumps off the cliffs in *Tales of Power*. Maybe it's like the reader's explanation (Strange Tales of Power) of his experience which finally condensed down into the shape of a giant box. Maybe Carlos was with Carol in the second attention, but his memory of it left her out. Or maybe she was spying with her double. Or maybe he just didn't mention her. Who knows? I think this double stuff isn't as cozy as they make it seem. I suspect it's a lot more irrational than we would accept, especially in the chaotic beginning. Here's a scary thought. Maybe things can actually change backwards in time. There are several hints of this from both don Juan and Florinda (see Shabono).

An alternate thing to look at for this development of the double is the "Smoke and Spiders" story in this issue. I believe this reader is developing his double, or at the least is becoming aware of it. If that's the case, then the double results from the energy gathered through recapitulation.

Sleepy lecture attendees.

At the Dec. 93/Jan 94 workshop, C.C. mentioned that "there was something approaching from the North", but he had no idea what. I forget what led to this statement...

What are the Chac-mools, other than reclining stone statues?

At the workshop I noticed that people in general remained fairly alert for a while (approx. 1 hr.) and

then started to "go to sleep" (please excuse the gurdjieffian terminology) - some were quite obviously "not there" most of the time. My own attention-span capabilities were seriously bothering me...

During the first of the series, I sat behind a martial-arts type "guru" - judging from his clothes and body-language- who had his followers wipe his brow and attend to his other physical comfort needs...

Source: Altadena, CA

Editor: This reader was referring to the Santa Monica workshop at Phoenix bookstore. On the way there, the second day, he saw a perfect circle of fog hanging in a larger fog bank to the west.

The Chac Mools are described in this issue. The reclining figure is also what's on the business card used by Toltec Artists. It looks like a jade carving of the Toltec figure in issue #1, but it's reclining as if sitting on a couch.

Maybe those sleepy lecture attendees are *dreaming awake* to get a different view of the lecture.

I'm always leery of martial arts guys, they have convoluted egos most of the time. But the guy you described sounds odd, I haven't met any martial arts leaders who would exhibit behavior that made them look indigent. They're usually quite friendly and energetic towards their students. I wonder what that was all about.

End of the Lineage?

... I became so shocked, to say the least, in reading that C.C. will be the end of the lineage... Anyway, I could be sentimental & mushy...

I read in [source withheld] this Nagual having tours going to [destination withheld]. Man, to me, he's a goddam fat pig liar. Trying to make a buck. That's really nerve. That makes me sick to see that...

Source: New Orleans, LA

Editor: Remember how don Juan told Carlos that a witch had stolen his soul? I suspect that if his lineage would fib to teach an apprentice something, they would surely fib to sink themselves back into secrecy. With no self-importance, why remain in the limelight? Why handicap the next Nagual with so much fame? The truth is that we'll never really know if the lineage came to an end.

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No experts here.

...I haven't been doing much. Some *dreaming*, a little recapitulation (I notice that I *dream* more afterwards). I keep wanting a 'better place' to do it, but that's probably just brain noise. Often I'll watch a couple hours of T.V., and be thinking the whole time, "Damn, I could be recapitulating right now!"

I participated in the Internet news groups for a while, but found all the arguments between the "experts" very draining - worse, I started to want to be an expert too! I hope the NNL is something better...

Source: Oakland, CA

Editor: If you catch anyone here acting like an expert, please write in and chew us out. We hope the newsletter is the way readers would like it to be. We always welcome any suggestions for change, although sometimes the recommendations contradict each other. We try to keep our own desires out of this as much as possible, but it's hard for us to tell if that's what's happening. For instance, in this issue you'll see the first of a series of comparisons between Carlos' techniques and other systems. We didn't want to do that, but enough readers asked that we felt compelled.

The real question.

I spend a lot of time looking for potent literature and couldn't resist Magical Blend when I saw an imported copy. 'Shamanism & Cyberspace' - wow: only in America... In England all the spiritual stuff is either very twee and Hobbit-oriented, or printed at home on a second-hand copier. Most of it's rubbish, so rather than wade through it all I rely on random impulse-buying. But I've been looking for an ad like yours...

The question is, 'What are we to make of Carlos?'. Castaneda is a strange fruit. Outside of a small group of friends I have had no contact or even word of others who have a committed interest. No one is standing up as part of the wider debate to say 'I am a Castanedarian Sorcerer'. I have met a few people who say "Yea, the first four books were great, but then he started to make it up"; and others who apparently read more but who just look at you strangely and wince and mutter "Yeah, it does your head in, man".

It's like there's an unbreakable barrier between the kind of knowledge that Sorcery deals with and the standard consensus type of knowledge that we're all taught at school. And since the media uses the language of the consensual world, Castaneda-style weirdness just doesn't translate. At University I tried to make bridges from one to the other, but just gave myself a headache. I am now beyond the days of introducing the idea of the assemblage point into university common room debates, and I

am very cautious to whom I reveal my abstract spiritual passions, partly because I don't have the energy to voice effectively what I know, but largely because such metaphysical perspectives tend to act as grit in the cogs of rational argument, and it just confuses people and pisses them off...

Yet the books sell like hot cakes. What do those readers think? Are they practitioners too? Are they doing it?... Oh and there's thousands of other extraordinary things I want opinions on, like:

Who the hell was that Blue Scout?

Was the Nagual Julian fucking all those Sorceresses? Or What?

Where did Carol Tiggs go with The Tenant, and what was the nature of their agreement?

Silvio Manuel and Florinda Donner watched TV?!

Source: Norfolk, England

Editor: This reader wrote a whole lot more, part of which we turned into the story, "The Sorcerer's Apprentice". We printed this part here just so we could have the question about the Nagual Julian.

Actually, we already know that he had sex with Talia and the woman in the shack. What worries me is that he dressed don Juan up in women's clothes and told him to flirt with the mule drivers. And don Juan stopped short of telling Carlos the extent of the Nagual Julian's doings, because he was afraid that Carlos was too prudish. So I'd be happy just to hear that the Nagual Julian didn't have any plans along that line for don Juan.

Carlos at MIT.

... And where were you in the late 1960s??? Carlos was giving lectures at, of all places, M.I.T. I have had the privilege of reviewing some of the lecture tapes. Mind blowing.

However, hard to believe for some of the engineers in the audience, which is probably the best reason for one of that type of person to now be my ex! Couldn't handle the uncertainty.

Actually what he said verbally makes a lot more sense to me than some things in his books.

Source: San Diego, CA

Editor: Don Juan accused Carlos of going around giving lectures as a method of avoiding erasing personal history. Maybe that was one of those lectures. Please do write in and tell what you can recall from the tapes, even if only a little. We have no lecture notes from those early days. Also, tell what you know about the tape. We have readers who have an interest in verifying the authenticity of such tapes. It seems there are indeed some fakes! So far, the only one everyone agrees is truly Carlos, is the 1968 radio interview.

Road warriors.

... I am very happy to see so many serious sorcerers practicing unbending intent. It really warms my heart. Also, it has reminded me of techniques I had forgotten I had a profound experience with, if you can imagine that. Particularly, "stopping the internal dialogue" - I have worked on that for years. Basically it is the same technique that many people have experienced during meditation, only it creates a stronger altered state.

Like another of your correspondents, I have experienced this state mostly in driving. It seems particularly useful after dark, as he was saying.

But I would like to relate to you my daytime experience with this practice.

It seemed to have elements of recapitulation in it. I felt like a child before "internal dialogue" begins, feeling everything from my abdomen - including painted signs, motion of other people and cars, and generally, how spacious or crowded an area was. Painted man-made signs created a whirling sensation, for example. Other feelings are less describable...

Source: Richmond, VA

Editor: I was glad to hear this. I'd had a very similar experience about a week before, and had dismissed it as indulging. In my case, I was recapitulating while driving, and then practicing shutting off my internal dialogue. I got stuck in a very pleasant state, but it magnified until I could barely stand to keep driving. I could feel the road under me, and the cars to the side. I was feeling them with something in the pit of my stomach. It was a nauseating experience and I wondered if sorcerers ever got to the point that they didn't like to travel in cars. As a strange coincidence to this reader's comment about signs, I found relief by watching the man-made signs on the side of the road through my blue blocker sunglasses, while trying to figure out if there was any blue in the sign.

Expand or keep small?

Hey,
You want the truth? Distribute dude! Near or far or to the stars! Tell shy people to have no fears, if they keep their mask cloud near! One can still be who they are!

Source: Greenville, MS

Editor: This was from the reader who only writes in poetry. I think this was her answer to the question of whether to seek aggressive newsletter distribution or keep it small. The response is 30% negative on expanding, so we aren't going to do it. We have picked up 5 readers from Hawaii, one of whom attended the Maui lecture. I guess we should have trusted *intent* and stopped worrying so much. As of now, the policy on stores is that if they ask we will provide newsletters, but we won't seek them out. Besides, the readership is already as large as we want it to be.

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That darn signpost.

... I started re-reading "The Eagle's Gift" and came to the part about the signpost (cover photo on Issue 2), and am in a state of internal confusion about this (internal - not external or infernal!). Does Carlos write about this so that the compulsives go looking for the street sign, get a pat on the ego when finding it, or otherwise drive themselves crazy??? Or is there some genuine reason for someone to find this particular signpost, or is it just page-filler material, or ??? Why does NNL put it on the front cover of the Newsletter??...

Source: Altadena, CA

Editor: That particular story stuck in my own mind, probably because I covet *dreaming*. A photographer took the picture for us and it looked spooky, so we kept it. Since the books emphasize story telling, I don't feel it's inappropriate. But it is interesting that the books are so filled with detail. In Florinda's book, she even gives Carlos' apartment number and describes quite a bit of detail about its layout. I have to think there's a reason for them to do that, since it isn't a necessary part of the factual account. Someday I think we'll understand the reason, but for now it's just a curiosity.

Thoughts and reflections.

We are what we perceive. There are different perceptions, different points of view. An example we can all look at is in Carlos' latest book, *The Art of Dreaming*. Carlos, being very obviously a male (and a hot-blooded Latin one at that), found himself caught between two different points of view, two different perceptions, two diametrically opposed female Energies. Those are represented in the book as Carol Tiggs, and the Tenant (both female).

These two ladies had different ways of explaining their being in the world of the Nagual. Who is to say which is right or wrong. Both their views are valid. It is the perception of the reader that decides the personal outcome or choice, if indeed one perceives choice to be the issue at all...

An interesting exercise in Carlos' books is to 'read between the lines.' In *The Art of Dreaming*, the face on the book cover is a good case in point. Have you read that face? What does he/she tell you? We are all magical story-tellers if we change our perception, turn our hats, and see reality from a different point of view.

Source: El. G's benefactor

Editor: Carlos' conflict with women goes back a long way. It started with la Catalina, but let's not forget about Soledad, who has now gone mercenary. Even so, I'm not so sure I'd say both opinions are equal. Remember the story of the three little pigs? The Tenant's argument with Carlos about love is a lot like having the homeless Pig, who's house got blown over, discuss the benefits of straw while having dinner at the house of the Pig who used bricks. But

then again, if don Juan really is stranded, maybe his house was merely sticks.

El's benefactor also stated that no one can take away our edge if we don't allow it. This was in answer to the reader question about losing one's edge to a child. He further states that worry is a drain of energy, and will affect *dreaming*. Best to relax and let *dreaming* return. I suspect this is a major drain for all of us, and recapitulation doesn't necessarily make us immune. He also adds that judgment takes up a lot of energy.

The issue of story telling has been touched on, but not explained by Carlos' group. It seems to be more than we suspect. Since the newsletter is heavily involved with story telling, maybe we'll learn what it's all about.

Is she for real?

... I've read the article by some woman in the September issue of *Magical Blend*, where I saw your ad, and find her attitude to be a bit arrogant. Is she for real? She can speak the lingo. The others seem to depreciate themselves or at least their image in the public eye...

Source: Tucson, AZ

Editor: Based on reader response, and what I was told by *Magical Blend*, 30% of Carlos' readers think Marilyn is for real. And that's saying something, they never agree that well on anyone else. She does have a different attitude, but it seems to be consistent with someone who had lots of exposure to the little Sisters and the Genaros. Also, writing a short article like that for a magazine forces one to get across a lot of info real quick, and doesn't leave time for the usual apologetic prose. I plan to buy her book, which is supposed to be out early next year. If she is a fake, she's setting herself up to be shot down, having claimed a tie to Carlos. If she were a fake, it would have been easier to just say "me too", and leave Carlos out of it.

Youthful appearance?

... I would like to ask if there are any reader accounts of the physical appearances of these folks that we have such an interest in. Shining eyes, youthful appearances, basically anything that might give a clearer idea as to what a fully realized, or one in possession of the totality of themselves might look like. It's an idea? Hmmm, did that make sense?

Source: Austin, Republic of Texas

Editor: We have quite a few accounts like that in this issue. They started coming in by the droves just a couple of weeks after we got this letter.

I don't know about the youthful appearance thing. If sorcerers can change their appearance

at will, the best thing they could do is not do it. For instance, if Carlos showed up at a lecture looking 30, it would attract a terrible amount of attention. I can see the Hardcopy story now, "Peyote makes you younger!"

Reincarnation?

...Is reincarnation part of the Toltec tradition?...

Source: PA

Editor: This reader presented evidence of this from the books, but our seminar notes indicate that the answer is no. The horrible thing about the reincarnation idea is that it's often used to justify the failure of systems such as Yoga or Buddhism. The theme is "quit being impatient, it will work eventually, enlightenment takes several lifetimes." It's like the Christian promise of going to heaven, where you have to die to find out. With Nagualism, you get to find out right now and the only limit on how fast is your own effort.

More religion.

One of the many things I find remarkable about Castaneda is the fact that it appears he was born on Christmas Day.

Source: Texas

Editor: I know don Juan said Naguals often take refuge in the church, but I don't think Carlos would go that far!

Are some readers nuts?

... I was wondering if you have to sort through a lot of ... "unusual" submissions from folks who might not quite have the same interests as the majority of the readership. I ran an ad up here several years back to investigate the possibility of a study group and found myself wondering if my ad had been sent to a psych ward. I even got one vague death threat from someone who apparently associated Castaneda's material with the fact he was a paraplegic alcoholic!...

Source: Wilbraham, MA

Editor: I prefer to think of these as people who have succeeded in shifting their assemblage points quite a bit. Yes, we do get more than our share of these. I just hope these people were crazy to begin with and that sorcery had nothing to do with it.

Continued on next page.

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Continued from previous page.

What happens when you die?

Here's a question maybe one of the readers can answer; What happens to the awareness of an ordinary person who dies? And is there any difference between such a person and a warrior who dies before having a chance to burn with the fire from within?...

Source: Pittsburgh, PA

Editor: I doubt if anyone will be able to answer this one! But we do know that Carlos' group has said that the assemblage point goes out, and that death is not necessarily the linear process we might imagine. We also have even weirder stuff sitting right here at NNL, but we can't use it yet! It's a wonderful transcription of a radio interview that Taisha gave where she stated that Manfred was not a dog at all, but one of the old sorcerers who was dying and had no choice but to adopt the form of a dog! We'll either summarize it in issue #5, or try to get permission to print it.

Sorcery structure.

... Here is my question: In the lineage to which belongs Castaneda, each generation forms a definite structure (presence of the four corners, female <-> male...); does someone know if this structure is a general pattern in the Spirit's designs for people walking the True Path (whatever shape The True Path may take)? In other words, admitting that I am walking the True Path, will I find myself in such a structure, in one point or another?...

Source: Caslegar, BC

Editor: I don't know what it means, but the Body Mind & Spirit interview with Florinda said that, "The sorcery configurations of don Juan's world are no longer applicable to us. We are on our own." Also, "we have found ourselves in the odd situation of being explorers in a new territory."

The hunt goes on.

About the supposed TV interview on a "local" (Sedona) station. - According to my yellow pages directory, these would be: 1) Channel 18 TV, 1575 S. Roadrunner Lane, Camp Verde, AZ (602) 567-3433. 2) KKTU-TV, 2158 N 4 St., Flagstaff, AZ (602) 527-1300. There is no TV station in Sedona! I have little to no interest in obtaining a tape of the interview. I have no TV or VCR and am not wanting for either. But there's the information; maybe it will help someone else.

Source: Sedona, AZ

Editor: We have a transcript of a radio interview, maybe we could get permission to make one for the tape. I hope people keep looking. We aren't going to do it, it's against our rules.

No black people?

... Hey, how come there's no black people in all these Tales of Power? I'm not black but I'm curious. There's German, Italian, French, Indian,

Yaqui, Yuma, Mayan, Mazatec, North American gringas, Peruvians, but no soul brothers. Looks like the spirit doesn't connect with Afro-centricity...

Source: New Orleans, Louisiana

Editor: We have quite a few black readers. Of course, there's no way to tell unless the reader states it, but the number exceeds Indians, as far as we can tell.

This reader recapitulates, cloud gazes, hangs out under trees, and practices stalking. *Dreaming* is still hard.

Lots of tricky questions.

... I want to ask you, the reporters and publishers a few questions. They are:

1. How did you come about starting a newsletter?
2. Does any of the group know of the newsletter's existence? If they do, what do they think of it?
3. How many readers do you think you have?
4. If Castaneda or the group do not know of the newsletter's existence, might we just as well be talking about "Elvis Sightings"?
5. How do you verify your sources? Are you afraid of printing something that you could be liable for?
6. Do you have any negative thoughts about Castaneda or his group?
7. If you had one question to ask him what would it be? (Besides Josephina's phone number.)
8. The Editor wrote "when he or she was eighteen years old they were hypnotized by Castaneda." Don't you think you still are?
9. Do you find yourself ever looking at what we call "Reality" and this other world that Castaneda has shown us and felt confused or depressed?
10. Would you ever trust a sorcerer or sorcerers?
11. Why do you think squirrels become angry? Hunger maybe?

Source: Phoenix, AZ

Editor: This reader attended a book signing-lecture by Taisha at Phoenix. She describes her as very educated and professional. She wrote to her publisher to ask why they wrote the books, and got the Toltec Artist's address. They sent her a list of appearance dates (1992). That's good to know!

We get asked questions like this often. We don't print them because there are always good reasons not to answer them, and no good ones to do so. Because we're trying to fight the newsletter tendency to be dominated by babbling men, and this reader was female, we decide to print the questions and answer as many as we thought it responsible to answer.

The newsletter started as an idea that kept bugging one of our staff members. Because of that, he's stuck with the awful task of interfacing to the outside world. Here are the facts: He accidentally went into dreaming-awake during recapitulation. He was looking down a tunnel of light at some strange place and his little finger physically raised and pointed at something. That brought him out of the vision and the only thing left was the thought, "Hey, this stuff works, I wonder if anyone else is doing it!" For weeks after that his recapitulation was interrupted with a hazy light and that same bothersome idea. There were many times when he blacked out and found himself writing the advertisement for the newsletter, when he meant

to be recapitulating. He eventually gave up, maybe just so he could continue recapitulating in peace. He decided to take responsibility for it and make the publication for free. If Carlos' group tells us to stop, he says he'll feel absolved from the responsibility.

Several of the interviewers of Carlos' group know about the newsletter. Tracy is rumored to have been told and to have been concerned (before he saw it). That's understandable. I'm still concerned about the darned thing to this day! Marilyn certainly knows about it because we were invited to submit questions to ask her. People who know Carlos' group know about the newsletter. One of them was given the first 3 issues, liked them, and we received a letter stating he/she would give them to Florinda and Taisha within the week. Beyond that, I hope we all leave them alone, they've given enough. Besides, what if they don't like it and we have to stop making fools of ourselves?

The legal questions are interesting. The newsletter is in the position of being able to claim both religious rights and freedom of the press. What judge wouldn't consider this a religion? That means we can say that the Pope is the devil himself if we want to. And this is a news publication. We print the information we receive in good faith because there's usually no practical way to verify it. And we never reveal how many readers we have. That would spoil the fun.

Several of your questions are unnecessary if one finds this stuff to be even partly true. Give it a real try and maybe you'll have your own answers. And finally, I don't believe that squirrels become angry, doesn't that take an obsession with verbalization that only humans have?

Dreaming conference?

... One participant at the RIM Institute talk said, "Men cone towards knowledge and women yone (as in yoni) towards it. Florinda said "the womb is a second brain." Men don't have that facility and must build a structure...

...The Phoenix bookstore is not where Carol reappeared, but it's where she found Carlos after her ten years in the outer realms of the second attention...

...Actually, he thought of calling that book [The Teachings of Don Juan]. A Path with a Heart. I'm not sure where I heard that but it's a nice reminder...

...Also I have a proposal to make to the newsletter and the editor. A suggestion to all those who would like to be a part of a Dreaming Conference Experiment. We set up a place and time that people reading the newsletter can meet in their *dreaming* body. But it should be more than just meeting and hanging out - perhaps some task or group purpose...

Source: A.Z.S.

Editor: Another reader sent a letter claiming that yoni means vagina. If that's true, those witches are nastier than construction workers. Speaking of cone and yone, another reader expressed concern that the publication will fill up with pointless poetry. It's true that I feel the same way, but the newsletter is quite clogged with conehead male analysis, and I don't want to make any logical male rules that might eliminate the feminine. A billowing angelica is a terrible thing to waste.

About the conference. At the risk of sounding corny, you need the spirit to set that up. Since we don't know that the spirit is, we can't. But those of you who want to try on your own can use the Junkyard section.

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JUNKYARD OF INFINITY

As stated in the last issue, this is a place where you can place your own "personal ads", although we don't allow phone numbers, mating rituals, or anything for sell. We hadn't planned to allow names, but the name on the proposed tour caravan seemed necessary. Note: you assume personal contact at your own risk!

This is also the place where we put poetry, although I'm not sure why, and as of this issue, stories that don't relate actual hair-raising experiences, but which seem to have some relation to the topic.

EL BRUJO THE NUT

A number of years ago, I went to visit my benefactor in Mexico. He picked me up at the airport and we drove in his car to our appointed destination. He had become such a quiet man now, he no longer chattered happily to whomever would listen. We got into his old blue Ford and took off into the country-side.

I was always amazed that he didn't buy a new car, or at least fix up this one. It had a hole in the muffler and we (I should say I) had to yell over the din of the motor. "Old Blue" had no air-conditioning either, and Mexico can be so hot.

I felt the passenger seat beneath me. This was the very place my benefactor's own teacher had sat so many years ago. I could feel the Old One's earthy wisdom talk to me gently about our voyage together, now and then. The blue car had much knowledge held within its memory.

As we chugged noisily through certain villages or communities that dot the countryside of Mexico, I kept looking to see if the locals might not stare at us curiously. Here we were, two odd gringos, noisily invading their home in its quiet slumber. I glanced out at the passers-by. A few gave me hushed whispered looks in return. Shaded from real view, I heard one say, "There goes El Brujo, the Nut."

The other reality set in and I yelled over Old Blue's motor, "You need a woman!"

My benefactor remained silent. He only watched the road that stretched into infinity and nothing. We drove on.

As evening fell, we stopped to rest. We were absolutely alone, the silence was complete. We stripped and dove into the clear water of the wide, dark river beside us. I could feel his sadness, it came in slow motion waves over us. I began to weep, still and deep as the river.

He turned and looked at me. "You need a woman," I repeated softly. His eyes were black pools of light.

He did not answer.

He was silent.

The great Female universe gave a sigh and turned over in her sleep. She was content in her Dreaming. She was Dreaming of us.

Source: El G.

SEE THE WORLD!

Film/video documentarist organizing mid- or late-1995 tour of areas and sites connected to Nagualist writings; e.g., Tucson -- Nogales -- Hermosillo -- Navajoa -- Tula -- Ixtlán -- Mexico City -- Oaxaca, plus other stops, including a beach or two. Hope for 3 or 4 vehicle caravan. Interested parties immediately write Franco Mann, c/o Dale Brakhop; P. O. Box 250113; Little Rock, AR 72225-0113

THANK YOU

Carlos, Florinda, Taisha, Carol and all the others whose energy has helped bring what we are doing into our reality. I am indebted to you all.

Thanks also to the other readers for the submissions, for sharing things that help me to know I'm not the only one who's left their previous lives behind.

Most certainly, thanks to the staff and support people at NNL for taking this task upon themselves, and doing such a great job!

Questions

Does billowing angelica infuse entity wind? Do other realms come riding in? Or the opposite do I evolve? Can this riddle be solved? Please don't think me absurd, I wish to know more of herbs! Why do crystals or moldavite rocks restore powerhouse energy? Remove blocks? Dream things co-operate with me!

Blessed Be!

Source: Greenville, MS

ABOUT FAKE NAGUALS

... As for this concern for "fake Nagual groups" all I can say is - a wise man once said "you will know them by their works."

Via con Dios,
don Diego

CONTACT OFFER

For many years I have been studying the Art of Nagualism. I have been blessed with an amazing benefactor (and others). I can be reached at -

Site 4, Compartment 8
RR1, Perkinsfield, Ontario
LOL 2JO, Canada.

If you want a reply please send a SASE (Canadian) and let me know if I can send any relevant information on to NNL.

El. G.

They Run for the Thrill of the Chase

My body shook as I heard a loud voice in my ear urging me to say hello to the skinny old man sitting to my left. The voice laughed in my ear and said, "Go up to the Nagual Carlos, Say hello to the Nagual Carlos." The skinny old man did not look exactly like Carlos Castaneda and since, at least in those days, I knew nothing about the different disguises Naguals use, I was confused and very nervous.

My Chicken sandwich was still warm so I decided to eat first and wait until calmness took over. Of course, I was afraid he might get up and walk out of the Mail but he appeared to be eating his chicken sandwich and enjoying the TV.

Finally I had enough. I went over to the skinny old man and said in my most direct tone, "Are you Carlos Castaneda!" He turned slowly to his right and said "No!"

I was not pleased and shot back, "Are you sure you're not Carlos. I know you!"

He said, "My name is George, perhaps you've seen me at the races," and then he pointed toward the racetrack which was about two miles away.

I was very unhappy so I left, but not so faraway that I couldn't keep a watch over George. There was an intensity in his eyes which not even a sorcerer in disguise could hide. Over the next two years I would run into George, and I discovered he was often at the racetrack because he worked there.

I would often think about the unusual way in which I met George and since I was in the midst of a great deal of *dreaming* experiences my mind would become very easily overloaded with the mundane nature of the day to day middle class existence. Surely I thought George would one day open up and confess his sorcery activities, but alas, George was usually silent as the stones.

Once, George opened up to me and talked about the horses. He said he had recently retired after a disagreement with his boss. He told me some trainers will take a pretty good horse and begin to hurt the horse by not feeding them properly and generally running them down so when they run, they run last. The trainers want to run the horse enough in the last place so they develop a reputation as an also-ran. Then they take the horse out of competition, often on the pretense of moving them to another track. The horse will lay up for a while, be fed, shod and trained properly until they're ready. Then the horse will be moved to another track and be entered in a losers race. Since the rules, in this State, allow a trainer to bet on his own horse, the trainer lays down a big wad on the horse, which by now is in his best form. George said if you look in the daily racing form you'll see the experts will wonder why the horse went from a promising one to a loser very quickly. The odds will be 30 or 40 to 1 and the trainer will make his money at the betting window on that day.

I made a few excursions to the track and placed a few bets, even though I didn't like horses before this time. However I couldn't help notice how some of the horses, always in the better races, had a peculiar intensity. Those were the days when the voice whispered in my ear: They run for the thrill of the chase.

Source: El Cinco Sol

NAGUALISM ON-LINE?

I'm interested in knowing what groups there are out on the Internet and other on-line services that are info-sharing, etc..

My Inet address is:

nahualist@aol.com

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PUBLICATIONS OF INTEREST

Keep those references coming! We need better info on where to order Dimensions magazine.

CARLOS CASTANEDA

BOOKS

The Teachings of Don Juan. 1968.
A Separate Reality. 1971.
Journey to Ixtlan. 1972.
Tales of Power. 1974.
The Second Ring of Power. 1977.
The Eagle's Gift. 1981.
El don de Aguila. 1985. Mexican version of The Eagle's Gift with special appendix by CC.
The Fire from Within. 1984.
The Power of Silence. 1987
The Art of Dreaming. 1993.

AUDIO CASSETTES

Interview by Theodore Roethke (1968) \$9.95
Can order from: AUDIO-FORUM, Suite L9, 96 Broad St.
Guilford, CT 06437 (203) 453-9794 or (800) 243-1234
Don Juan's Teachings: Further conversations with Carlos Castaneda. Tape of Carlos speaking in Berkeley shortly after The Teachings was published. Order from Millenia Press, #207-1005 View Street, Victoria, B.C. V8V 3L7 Canada. \$15.95+\$1.50 shipping. Phone: 604/389-0404
The following tapes are Available from TEN SPEED PRESS, P.O. Box 7123, Berkeley, CA 94707 (800) 841-2665:
The Teachings of Don Juan
A Separate Reality
Oops, no Journey to Ixtlan. Sorry!

INTERVIEWS

Psychology Today Dec. 1972 ("Sorcerer's Apprentice", by Sam Keen).
Seventeen Magazine Feb. 1973 ("Mysterious world of Carlos Castaneda" with CC and G. Cravens. May be the same as Harpers Magazine.
Time Magazine cover story, March 5, 1973
The National Observer early 70s by Bruce Cook. Magazine now defunct? Anyone with specifics?
Psychology Today, 1975 (same as 1972)
Penthouse Magazine, mid 70s, "The sorcerer's apprentice" by John Wallace. We don't have the date.
Psychology Today Dec. 1977 (article by CC)
Interview with Swami Muktananda (1978)
In The Company Of A Siddha: Interviews and Conversations with Swami Muktananda. S.Y.D.A foundation, P.O. Box 11071, Oakland, CA 94611
Magical Blend Issue 14 & 15 (1986) from interview by Graciela Corvalán, translated into English.

Magical Blend Issue 40 (older reprint)
Details Magazine March 1994. (Very good)
New Age Journal March/April 1994
Seeds of Unfolding vol 1, #4 and vol 2, #2
(better translation of Spanish for interviews in Magical Blend 14&15. Seeds of Unfolding is 212 area Code, NY)
Voices and Visions by Sam Keen
(book with reprint of Psyc. Today 1972)
Yoga Journal, Nov 1984 #59 reprint of same interview as in Seeds of Unfolding.
Yoga Journal, March 1994 #115. Part book review, part inquiry on subject. Nothing new.

ACCOUNTS / ENCOUNTERS / REPORTS

Harpers Magazine Feb. 1973. Gwyneth Cravens writes about her encounter with CC, "Talking to Power and spinning with the Ally."
Harpers Sept. 74
Der Weg der Tolteken - Ein Gespräch mit Carlos Castaneda. Book in German from a 1979 Spanish interview by Graciela Corvalán. Published by Fischer 1987. Same as Magical Blend, issues 14 & 15.
Magical Blend #5. Comparison of Aleister Crowley and Carlos Castaneda.
Village Voice Jan. 25, 1973. "Upward and Juward: The Possible Dream" by Ronald Sukenick. A book review which also accounts meetings with CC which were arranged by literary figure Anaïs Nin.
New Age Journal June 1985 "Searching for Carlos Castaneda" by Rick Fields.
Powers of Mind by Adam Smith (pg 324)
Conversaciones con Carlos Castaneda. Madrid (Spain), 1991. A book created by Carmina Fort from interviews with Carlos and Florinda, about 130 pages! Published by Héptada Ediciones.
Fate Magazine Sept. 1991. "Shapeshifting - American Style" by Wanda Sue Parrott. Wanda says her Cousin Margaret married CC (jealous girls?) and she met him as a result of their relationship. She claims to have experienced a most unusual change of appearance that lasted 1 hour!

CAROL TIGGS

INTERVIEWS

Magical Blend Issue 42, Apr. 1994.

TAISHA ABELAR

BOOKS

The Sorcerers' Crossing. 1992.

INTERVIEWS

Dimensions magazine, "Canada's New Age Monthly", Apr. 1992, Vol. VII No. 9. Part 2 next issue?
Magical Blend Issue 40, Oct. 1993.
Magical Blend Issue 42, Apr. 1994.

FLORINDA DONNER (-GRAU)

BOOKS

Shabono. 1982.
The Witches Dream 1985. (out of print?).
Being-in-Dreaming. 1991.
Ser en el Ensueno. 1992. Spanish version of Being-In-Dreaming with special forward.

INTERVIEWS

Body, Mind & Spirit #6, 1992. What happened to La Gorda and gang! Interviewed by Ken Eagle Feather and Carol Kramer.
Magical Blend Issue 35, Apr. 1992
Magical Blend Issue 42, Apr. 1994.
Dimensions magazine Feb. 1992 (Canada),
Conversaciones con Carlos Castaneda.
(see Carlos Castaneda ACCOUNTS).

ONE TIME MENTION

Border Crossings by Donald Lee Williams, Available from Inner City Books, Box 1271, Station Q, Toronto, Canada M4T 2P4. This is not really for those who accept Carlos at face value, it attempts to analyze Nagualism from a Jungian point of view. That analysis might have made sense before The Fire from Within, but not anymore. A reversal is now in order. A reader recommended the book because he found some interesting references to old missionary manuscripts. He said that the author had been approached by Fox Broadcasting for a possible MOVIE about Carlos or Nagualism.
Don Juan, Mescalito, and Modern Magic by Nevil Drury. Pub 1978 by Routledge & Kegan. A favorable analysis of Castaneda and shamanism.
Carlos Castaneda, Academic Opportunism and the Psychedelic Sixties, by Jay Courtney Fikes, Ph.D. You can guess what this is from the title. Can order from Millenia press (see Audio Cassettes) for \$22.95+2.50 shipping.

NAGUALIST ORGANIZATIONS

Toltec Artists, 183 N. Martel, #220, Hollywood, CA 90036. This is a place where you can write to Castaneda and the rest of his clan [agent's office]. Remember, don't pester them!

INTERNET: castaneda-request@earth.com

Subscribing to Ixtlan mailing list (IML):
ixtlan-request@wwa.com

COMPUSERVE: New Age Forum + Dreaming

Nagualist

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Continued from page 2.

Even if our understanding of Carol's return is misdated, there are other variations in the accounts of la Gorda's death. Another reader sent us the following information:

Several months ago we attended a lecture given by Florinda Donner. She was discussing, in great detail, how extremely difficult it is for one to move beyond the choke-hold of the human inventory. Even a powerful sorcerer like La Gorda, she continued, is subject to the ego's petty desires. In fact, she said that La Gorda, in a 'fit of egomania' had literally blown herself up and was no longer in this dimension! None of the other sorcerers knew exactly where La Gorda had gone, but she had definitely disappeared in an act of, what sounded like, a form of spontaneous combustion.

According to this account, la Gorda didn't even die, at least not in the sense of leaving a body around to be buried. You can't bury someone if you don't know where they've gone. This story is corroborated by a different reader who reported that he heard that Florinda gave a lecture at Sony pictures in which she stated that La Gorda had self-combusted in a fit of indulging and is now gone from this world. It seems the controversy surrounding la Gorda will continue. What I'd like to know is, what was Florinda doing at a Japanese movie company?

Speaking of movie companies, last issue we heard from a reader that Soledad has adopted the motto, "Money for Movies". The expanded version, from the *Body Mind & Spirit* interview, seems to be "Dollars from any source for movies." I wish I knew what any source meant. I've been wondering if one can pluck more than pebbles or art objects from the second attention. The death defier said that there were endless treasures to be discovered in the second attention.

A reader wrote in saying that he had observed the name "Ixtlan" at the end of the latest two Oliver Stone movies "JFK" and "Natural Born Killers." He wanted to know if there was any connection between this "Ixtlan" and Carlos Castaneda.

As if everyone had discovered the same thing at the same time, another reader pointed out that Oliver Stone did one of the reviews on the back of *Being-In-Dreaming*, by Florinda Donner.

Another reader pointed out that in the *Body Mind & Spirit* interview Florinda said that Soledad was "extremely well situated" as a movie producer.

A somewhat unsatisfying answer to this puzzle was provided by a reader who sent us the following:

...There is a movie studio in Hollywood by the name of IXTLAN PRODUCTIONS!!!! I forgot to mention this previously, but the Soledad issue prompted me to remember. It was set up by Oliver Stone, according to the secretary I talked to, because of the book *Journey to Ixtlan*! He's a Castaneda fan! No mention was made of Soledad, perhaps she's around and about behind the scenes, or entirely uninvolved and this

is just a coincidence. The studio has three or four movies to its credit now, one being *Zebrahead*, and another is about inner city life for poor black & hispanic folks, but the title eludes me now. I watched it and found it interesting. Oh yes, "The Joy Luck Club" was another one. All by Ixtlan Productions.

I guess this all falls into the category of pointless gossip, but it is fun to think of Soledad being behind movies that might have an affect on the course of public thought.

The most disturbing revelation in this issue surrounds the fate of don Juan's party. Our central lecture notes state that Carlos' group believes that don Juan's party may not have made it to the third attention, that they may be stranded in the second attention. Carlos' group will attempt a rescue when they leave.

As if this wasn't bad enough, we received the following information from a reader:

...I attended a gathering of the Witches (as Carlos likes to call them) at the Rim Institute in the Summer of 1993. Some of the information that was revealed then is not in any of the books. Like Florinda saying that don Juan and 27 generations of sorcerers are stuck in the outer edges of the second attention. I don't know if that story has changed or not... Also at that meeting, Carol said her new book, *Tales of Energy*, was to be published soon...

Since our entire goal as a community of practitioners was called into question by these accounts, we wrote to a source whom we hoped would be able to clear up this situation. This reader wrote:

...[Yes I heard the] rumor about don Juan being trapped in the second attention. The witches said this, according to a report of someone who attended the Arizona seminar. It sounded at first like they were claiming that D.J. and company were trapped by the inorganics, but later a friend of mine talked to Carlos and asked him point blank. She reported that Carlos told her that don Juan did not leave the second attention because some of his group hadn't enough energy or power to make the journey to ultimate freedom. Don Juan and some of the other members of his group did have enough energy to reach it, but they did not want to leave the rest behind. Whether Carlos and the rest of his clan are trying to help them is beyond my knowledge.

The members of don Juan's lineage have always told us to keep the *intent* of total freedom, but they have also confessed that no one really knows what that means. My own *intent* usually centers around spooky experiences, so now I have twice as much to consider.

I suppose we all ought to be bothered by this revelation, but as Carol said, "It beats dying a normal death." I'm a little surprised at my own reaction to the revelations in issue #4. Out of all of this, the thing that bothers me the most is the image of Florinda lecturing in a fancy conference room, in a high rise owned by Sony pictures.

THE LAST SORCERY PASS FEEDBACK

A reader sent a letter from Tracy Kramer indicating that Carlos' group does not want anything published about the sorcery passes. It's described in the "Eight Esalen Not-doings" article. For this reason, we will no longer publish information received. We had received some info before we read this letter, and since it was partially about not-doings, we have decided to print it as our last bit of info on this topic. If we never get a video, at least we'll have this to fall back on. If we receive any more input, we'll save it for that future possibility of no Nagual's party and no video.

In the course of this project we learned that the passes taught at the seminars are not the same as those in the books, or at least not the same as the first ones Taisha learned and which we pictured in issue #2. We have also learned that a video showing the passes was discussed, but we don't know if it will ever come to pass.

Here is the last input we have on this topic:

reference - Issue 2, lower right picture:
a similar one was demonstrated Dec. 12, 1993 at Phoenix Bookstore, Santa Monica. - body is in a position with knees slightly bent, slightly pointing out, feet apart (not too far), toes slightly inward. - chin is juttied out (far). - forefingers of each hand are under chin, one in front of the other. - rapid back and forth movement with fingers in opposing directions. Don't move fingers far, they stay under the chin at all times. - similar to the picture in NNL Issue 2 except that fingers are directly under chin. [ed note: Same pass as description in issue 3.]

Another one: ("antennae"):

- body stance same as above. - with both hands, middle finger touching one next to it, curve them around to meet thumb to form a circle. - index finger and little finger pointing straight out. - extend both arms 3 times with rapid, snapping motions at 45 degrees upwards, then 3 times horizontal, then 3 times at 45 degrees downwards. - has something to do with energy, but I don't know whether to get, give, or otherwise redirect.

Other "exercises" were complicated - perhaps reader/participant input is needed to fully reconstruct.

-another one from Taisha:

-get a piece of wooden dowel or something similar. - round off the end a bit. (I imagine a new pencil with an eraser on the end would do.) - Put one end of it in the slight depression in the center line of the forehead a little above the eyebrows. - put the other end down on a surface (table). - object: to relieve tension.

Source: Altadena, CA

How many books has Carlos sold?

Millenia press sent the info on the new tape of Carlos from the sixties. A brochure states that an abridged version of the tape was published in Issue 40 of *Magical Blend* magazine. They are also selling the book *Carlos Castaneda, Academic Opportunism and the Psychedelic Sixties*, by Jay Courtney Fikes, Ph.D. This book discusses Carlos' association with Maria Sabina and Ramon Medina Silva.

Millenia Press also plans to sell full-color buttons and coasters that emphasize the drug aspect of Carlos' books in a somewhat tasteless manner.

Millenia Press' brochure for the tape states that Carlos has sold over eight million books, and the brochure was written before *The Art of Dreaming*.

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LAST ISSUE?

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Open forum concept flawed from the start?

Last issue we disguised a warning as an answer to a reader inquiry. We wanted to warn readers that a reaction from Carlos' group to the newsletter was eminent. Quite a few readers picked up on this and voiced opinions ranging from, "Who cares if they don't like it?" to, "Please send me back my submission material if the reaction is negative."

Before I discuss their reaction, I'd like to say that WE care if Carlos' group doesn't like the newsletter. It's perfectly fine to take the stand that we are on our own and need every advantage, but that's not something anyone here wants to do. While we felt compelled to start the newsletter, we were only willing to accept responsibility to maintain it as long as it didn't become a bother to Carlos' group. Now that it is a bother, continuing would be a personal choice to go against the wishes of their group and no one here wants to make that choice. Personal choices are so ineffective.

Besides our feelings on the topic, it's true that most of the best material submitted to the newsletter would not be submitted if it was commonly known that the newsletter was not in tune with Carlos' group. So even if we decided to continue, we would end up with only the gossipy personal stuff. The best parts would be missing, and so would be the point of the whole thing.

The newsletter started out without knowing exactly what form it would take. Looking at the current issues, if I had known what I know now I probably would have tried to steer it towards being a place to share lecture notes, and limited personal experiences. There are some unsavory aspects to the newsletter, but we can't arbitrarily change these or it would become a personal endeavor. To change these would require ending, thinking up a new name, and restarting with new rules.

For those of you who will likely write in and state that you feel disadvantaged without the newsletter, consider how much things have changed. The Tensegrity video is not just a minor addition to the books. It's a complete change in our relationship to Carlos' group. I hate to use the word, but in one sense we can all now be "apprentices", if we want to be. Before this, we were simply very interested readers. Carlos' group sympathized with us, and attempted to help us out. But the video isn't a hand-me-down or a recollection. It's something that was planned just to help us out. And there may be other techniques coming along. Look for these techniques at upcoming workshops.

So the good news is that the Tensegrity video is available, a new lecture is coming, there is a new Nagual (confirmed by three separate sources), and Carlos' group is working very hard to make information available to us.

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STORIES OF THE SPIRIT

Last issue we promised a new column to deal with the spirit. This is the result.

Three day trance.

...I was in the middle of a trance (self-induced). It was a hot West Texas summer day, the sky was clear and blue, except for the spirit!

The spirit stood, floating in the vast sky, watching me. The spirit was not male or female, but pure spirit. I stood to rise, to greet the spirit. As I did, I elevated to where me and this spirit stood face to face in the endless sky.

I began to speak, but I was silenced by the spirit's powerful force. As the spirit looked into my eyes, I was charged with this spirit's power, then the spirit spoke, saying, "Now you have *seen*, do you believe?"

I awoke from the trance 3 days later. It seemed like 15 minutes only. I knew I had seen one of the Elder Spirits of the earth, and sky. I still do not exactly know which one though. I do know this- I went into the trance with a very high fever, I had the flu, I awoke completely healed!...

Source: Huntsville, TX

Strange Encounters.

... One fine day in '77, I was at the public town library in Putnam, CT, reading this book about Eckankar when some fellow whom I'd never met before came up to me and said: "Don't read that garbage! Read Carlos Castaneda's book!". On that same day I checked out a copy of the one titled *Journey to Ixtlan*. I was in high school at that time, and I have been an avid reader ever since... I never saw that fellow again...

In the late Summer of '80, I was traveling to New Mexico, by rail, for my first semester at NMHU in Las Vegas. The trip consisted of a stop over in Chicago where I hung around for approximately 8 hours. Then when I was standing in the middle of the lounge, just prior to boarding the train, this Latino guy, who appeared to be in his forties, came up to me and said something about the fact that the light directly above me was flickering and that it was some sort of a sign and that it was his duty to tell me, etc... There were other things said but I have not been able to remember. I do remember that later on we talked about various things, then out of the blue he began to talk about "Carlos' training". I was struck by the usage of the word training. I do remember that I never ever discussed or even admitted reading Carlos' books with anyone, so how did this guy know? Anyhow, he got off the train in a town called La Junta or Lamar in the eastern part of Colorado, and before he left he asked me to come and visit. He showed me a house, which I know isn't in Colorado, where he claimed to live and care for a couple of widows. I had given him a book titled *Zen and the Art of Archery* by Dr. Herrigel. I had read that particular

book because it presented an application of the concept of not-doing.

The act of remembering certainly is a funny affair, all of these things that I have mentioned in this letter regarding the episode in Chicago have not come up in a "linear" fashion. There is still more buried, and hopefully it will all come out one day...

Source: Valencia, CA

Giant Vortex.

... I have been to the mountains at night lying flat on my back and gazing up at the star-filled sky and perceived a giant vortex that seemed to engulf all of reality. The stars, the universe, everything. It was filled with grooves and intricate kaleidoscopic patterns and designs. It seemed to be sucking all of reality in and at the same time churning it out. As I kept gazing at it I became mesmerized by the sight and all remaining thoughts were burned away. Then it somehow seemed to coalesce into a single point in front of me and turned into what I can only describe as the cubic centimeter of chance protruding out inviting me to pluck it. I was filled with the knowledge that this was the chance of all chances, all the luck there is and ever will be. That knowledge also included that it was a matter of life or death and that if I chose to pluck it, I would either succeed or die on the spot. Under such pressure I broke my gaze and turned away. At the time, I knew I was not yet ready to put my life on the line...

Source: Los Angeles, CA

Editor: This reader has never used drugs.

The Dreaming Sun

... For the purpose of clarity, I would like to state I am not now, nor have ever been involved with mind-altering plants or drugs...

... I practiced the techniques and meditations described in the books [Carlos'] along with others I discovered, for years without ever really expecting any results.

One night however, after an exhausting all-day hike in the desert of southern California, I and my companions arrived at my home.

We ate a late dinner and before the rest of them left, they all wanted to listen to some new contemporary jazz albums I had recently purchased, being they were musicians.

After everyone was snugly settled in the comfortable couch and wooden chairs in my room, the music began to play. I lit two candles and turned off the lights to alter the mood.

I listened to the music with no thoughts whatsoever about anything else. About one-half hour went by when it felt my entire thought process had stopped. Giving in fully to the music had made what I had been practicing, over a period of years, that much easier.

Suddenly, I thought I was imagining the music as lines that were coming towards me and from me. Soon that imagination turned into forms and projections I could see quite clearly. I was startled by it, but was able to maintain it unalteringly.

I excitedly told everyone what I was seeing without breaking my concentration, and having quieted their own thoughts, they soon hooked on to the same perception and laughed uproariously at the sensation.

We perceived ourselves riding on the very edge of some musical lines that poured forth from our bodies with each and every note that played.

Then I noticed some sort of crystal-like lights about one-eighth inch in size and triangular in shape begin to form directly under my left eye. Those crystals soon turned into a solid bar of light approximately a full two and a half inches across. For some reason I was calm and that light began to kindle me in some unknown manner and I experienced a splendor of being that is indescribable.

I told one of my companions what I was perceiving and he answered that he was feeling something spinning within him that needed to be released. He moved his index finger in a clockwise circular motion to show me how it was.

I began moving my finger in the same rapid circular motion and began to feel a peculiar sensation in the center of my body.

I perceived it as an intensely bright unearthly light of the same quality of the crystal light I had just seen. It spun and spun like that of a fireworks pinwheel until it literally flew out of my body and apparently out of my companion as well. It was such an ironic feeling of abandon like maybe only an infant or young child would experience that all we could do was laugh out loud.

The rest of my companions were absorbed in their own indescribable experiences when I felt, as well as heard, a "pop", as though some sort of barrier had been broken.

We all looked at one another at the same time and I knew they had experienced the same thing I had.

I began to see many different energetic configurations everywhere in the room. There was some sort of fog and there were some large clear green spheres the size of beach balls floating stationary all around us. I could see lines of energy emanating from one another and clearly felt a gentle wind blowing on me. It seemed I could see into outer space yet the view of the room remained.

As if the turning of a switch, all of us became excited at once and began talking and laughing, trying to point out all we were witnessing and hurriedly trying to describe what it was we were "seeing". Soon the fog receded and all the phenomena receded as well.

I was elated. I wanted to have them all stay and converse about this marvelous event, but I suddenly felt very tired and knew everyone else did also. It was as if the event had nearly drained us of all our energy... Many years have passed since then and I have struggled to enhance my awareness to the best of my ability...

...On a recent trip to the San Gabriel Mountains, whatever I had been searching for all these years finally came to a head and changed my life permanently.

Continued next page.

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Continued from previous page.

That day, I and my companions drove quietly for one hour, not talking at all. We shut off our thoughts in preparation for the hike to a favorite spot of pine forest overlooking the desert floor to the north.

No sooner had we arrived, when I saw a line or filament of pure light right above me for a full second. It was clearly discernible. I told my companions what I had seen and we all hurried to the top to begin our meditations.

We separated some fifteen to twenty-five feet apart from each other and began gazing and scrutinizing the clouds, the trees, rocks, plants and whatever else was in the area.

I walked around a bit then stopped right in front of a full grown pine tree. I shut off my thoughts and began to fix my gaze on the tree without staring. After doing this for about fifteen minutes and without any preamble or warning, my eyes began to cross involuntarily and where the tree stood were now two long thick rope-like lines of pure golden light. I was mesmerized by the sight until quite suddenly I began to hear the thoughts of one of my companions and I turned to face him. He knew what I was experiencing and suddenly we were communicating with each other without words.

We became very involved with this and wanted to explore it further when one of my other companions told us to stop.

His strange rational was that something was happening here and now and we should push past all that nonsense and try to get to the ultimate source of all there is.

I instantly agreed and went right back to gazing fixedly at the pine trees when I noticed some energy crystals of the most intense primary colors forming in the air around me. Then quite abruptly everything changed into white and multi-colored crystals of pure energy.

I stared at the crystal energy with all my might until I somehow began to travel through a corridor made of filaments, grids, patterns and designs of the most perfect order that stretched into infinity. The best way I can describe it is liking it to the movie-Star Trek The Motion Picture. Where Mr. Spock is traveling through some energy corridor in an attempt to contact V-Ger. Although, that description pales in comparison.

If I gazed to the side of me, I would immediately begin traveling into a similar corridor with no end. I no longer felt myself as a human being, but only as a floating, traveling perception.

I somehow let go and traveled down one corridor as far as I could go until I reached an area, a glow where I experienced myself expanding beyond my limits. I became aware that I was leaving life behind and I didn't care. I wanted to expand into that glow and then I "knew". It had been so simple all the time. Suddenly a conscious thought burst in and said "death!" and I found myself standing in the middle of the forest once again. It was as if my body assembled the world once again so it wouldn't die, without any conscious effort on my part. I was back again staring at a world that was familiar and at the same time utterly unknown.

I looked around me and for a brief period I saw my companions and all other living things as luminous energy including the Earth itself. For that moment I saw the Earth as a luminous ball, I experienced it as a fizzing in my body like when one drops an alkaseltzer tablet in water. It was a dazzling sensation for which I have no parallel.

Shortly after, my perception completely synchronized and I completely solidified an objective world once more. I was in a state of utmost euphoria. I had at long last verified something I could only wonder about and read in Carlos Castaneda's books.

I returned home to my work and began noticing a strange detachment that overruled all that I did. It took me all that week to feel somewhat comfortable with it when I realized there was no going back to the way I felt before this experience. The following Saturday completely cemented that change I was feeling.

Upon awakening that one fateful morning, I was astonished by the clamor and bright glare, the many odd shapes and protuberances that were all around me. This was something that I once only knew as furniture, brightness of light, children laughing, playing and all ordinary mundane sights and sounds of the day.

Looking out through the transparent screen that was my window, I saw the morning sun - a dream like vision of an orb in the sky. It felt as though I was seeing it - as I often have - in a half-awake, half-asleep state with my eyes still closed. A radiant light that can only be seen in dreams.

I saw its bright rays of living light bestowing life to this warm beautiful planet. Then, it was no longer the sun, but became a star lost somewhere in eternity, taking the solar system on an endless voyage through the galaxy. The galaxy on an endless journey through the void of space. Then it stopped being a star and became something completely unknown to me. A feeling in my body, a sensation of power and warmth. A jolt of energy to some undefined part of me.

I jumped up from my bed and stared at the strange appendages that were my arms. My fingers, a mass of hilarious quivering tentacles that I could touch objects with. My legs appeared as flexi-stumps on small movable platforms that were my feet.

Then I felt unknown to myself and suddenly I was lost! I did not panic nor was I afraid, all I felt was an overwhelming sense of awe. I no longer knew what anything around me was. It all just became masses of shapes and oscillations, vibrations and sound. I began to "see" the crystal energy once again when I realized I could stop it and I did. I gained a much more manageable view of the world that day, but it will always remain an unfathomable mystery...

In retrospect, I can say quite certainly that it all began falling in place when I fully accepted responsibility for being alive and began putting my life in order. The main point as I have seen it, was and is the eradication of self-importance and any illusions of grandeur one may have...

Source: Los Angeles, CA

DEMONSTRATION OF PURE INTENT.

...The article "Strange Tales of Power", in Issue #4, really moved me. Since I attended the same workshop at the RIM Institute, this account really brought back memories and some pieces of the weekend I had forgotten. So far no one has mentioned the incredible feat Carol Tiggs demonstrated for the attendees of her lecture at the RIM. She referred to herself as pure *intent*. The first part of her lecture was this animated prowling accompanied by hilarious stories and remarks. She could abruptly change the mood of her lecture.

After she took us through side splitting laughter, she spoke of the inorganic beings. Then she decided she needed six people from the attendees in the tent. Everyone, and I mean everyone, was holding their breath and hoping with all of their might that they would be picked. Those who were picked for the demonstration were picked because they were "fluid". Carol then stood in front of each person and pulled their arms down. Then she asked them individually to look into her left eye. She said this eye was pure *intent*. Upon doing so, each one of the six participants became rigid, "stiff as a board". The Chacmools then lowered each person backward to the ground. Each person as they were lowered was completely stiff.

As she did this to each of the six people picked, the rest of the audience was completely silent and entranced with what she was doing. The affect was astounding! She managed to silence a group of one hundred people, completely! She moved our collective assemblage point. What a feat! Also, she seemed to change into completely different people during her performance. At times, she looked completely different from what she did moments before. The tent at night was softly lit and for the most part of the evening I saw a white, amber glow radiating from Carol. I had never seen an aura before, but I knew I was seeing the incredible energy being emitted by this being.

I asked several other participants, the next day, if they saw the glow around Carol and all saw it clearly. Also, I asked one of the six persons who was picked for Carol's demonstration, what he experienced upon looking into her eye. He said that his mind went silent and he was aware of what was going on around him, but he did not know his body was stiff. He said there was something in that left eye that pulled him. Something that created a melancholy happiness in him. Maybe it was *intent*. Maybe it was the Nagual, maybe it was freedom. Whatever it was, Carol Tiggs took everyone there for a brief fly by. We will never be the same, what a relief!

Source: Encinitas, CA

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RECAPITULATING EXPERIENCES

Does stored energy leak out?

In answer to your question about recapitulating in my car? I normally do it while I'm driving. Of course doing it the normal way often attracts attention and can be dangerous and then you have to recapitulate all of those fear thoughts and that recapping can just go on and on. When I'm at my peek and can feel the energy surrounding me (etheric body?) I usually just "intend" or will my energy body to do the sweeping while my physical body assumes it's normal driving duties. I coordinate this with my breath of course. It seems I have a gift of being able to feel the interaction of the etheric body as it "touches" or hovers close to the physical. This is more easily "felt" when the energy is high or there is more collected. At times during the recapitulation I can even feel the "fibers" seemingly touch my body (is this seeing?) This usually occurs around the solar plexus, especially towards the right front of my body. When the pressure builds it seems as though it is relieved by sweeping that energy center and coordinating it with the inner visual sweep.

Question: If we're recapitulating a sexual event, possibly it would be more beneficial to coordinate the sweeping of the first and second energy centers along with the visual center? Maybe we can even get to the stage where we can feel the entire etheric body sweeping in unison with the intention of the visual center.

Whenever I do my normal recapitulation it is in my bed. I purchased a plastic 8 x 10 tarp which is hung about a foot over and behind my head on the wall. With my back to the headboard, the rest of me is surrounded by the tarp. The plastic surface seems to make a good reflector for the energy returning to the body and it is flexible enough for me to shape it away from me with simply a touch. Also it can be folded to fit in my suitcase when I travel.

The biggest problem I have noticed is that my energy leaks off as though my "egg" were full of holes. Having two children, a boy and a girl,

I suppose contributes to this leakage. If I can every get my shell to become a good container for the energy, I should be in good shape. Does anyone out there have anymore good tips on this?...

Source: West Salem, Ohio

Editor: When Florinda was interviewed up in Northern California, on radio, the announcer got into a discussion about recapitulating while driving. He also started to ask about the possibility of doing the sweeping part without turning the head. Florinda didn't say yes, but she didn't say no either. And in an account of a lecture in this issue, Florinda says that turning the head in a car can be an ego trap (but most readers report being embarrassed, not feeling superior.)

I believe that everyone notices the energy leaks, even without having had children. In *The Art of Dreaming*, Carlos' *dreaming* stops when he starts a second recapitulation. But I've noticed just the opposite reaction, maybe due to leaks.

Recapitulating lunch?

Here is a technique which incorporates the "sweeping breath" and recapitulation of your most recent meal. I am referring to the most recent food you have eaten. This involves a special type of breathing. You can also think of it as a not-doing of saying grace before a meal; a spiritual exercise after dinner instead of before, the reverse of saying grace.

It is understood that everything (plants, rocks, trees, animals) has an energy body so we are probably affected by all that we come into contact with. I think one is justified in practicing recapitulation of the food you just ate, because eating involves sensations such as hunger, thirst, desire, satisfaction. Very similar to sex, and most likely the act of consuming food dislocates emotional filaments and possibly accumulates foreign ones. The real difference is that sex is a bilateral relationship, but between the consumer and the consumed only a unilateral relationship exists.

Basically you are putting your stomach to work in the breathing process. A powerful vacuum is intentionally created within the stomach to inhale a small amount of air (approx. 500 ml). During this method of forced inspiring, you will invariably taste in the back of your throat the most previous meal that you have eaten and more or less digested in the stomach. It should be done before brushing your teeth (or else the

flavor of the toothpaste will interfere) and within a hour after the meal (before the food is completely digested). It provides something like a 3-D effect for recapitulating the meal. On really doesn't have to put a lot of effort into recalling; just let the flavor(s) guide you as you breathe in this way. You will spontaneously re-taste it in the back of your throat. You can do this for only a few minutes.

You can learn to practice breathing with the stomach by first intentionally swallowing large gulps of air, deliberately forcing it down the throat, and then you have to belch it back out. When I first began practicing this way, I had to make a lot of burping and belching. Now it is more like growling sounds coming from the stomach when I breathe this way. With a lot of consistent practice it can be done relatively effortlessly and noiselessly. From such crude beginnings, that is how I started to use the stomach muscles to breathe. It is not essential to remain sitting in an enclosure for this. In fact, walking or standing upright assists the process of "stomach breathing", more so than sitting down.

Source: Oviedo, FL

Editor: Before you decide if this reader is putting us on or not (something I haven't decided myself), consider that this act may trigger memories of past meals and lead to all kinds of discoveries you can recapitulate in your enclosure later. In the time that I've been recapitulating, I can count only a few times I clearly had the sense of a smell or taste. My memory is lacking in this area, and that leaves out lots of events. Besides that, raw vegetables are quite alive and thus the relationship may not be as unilateral as this reader stated.

Random method.

... I use the random approach in recapitulation. I still have the list I began, but found it too restrictive. I find that going random brings to recapitulation a different kind of order, an order based on energetic alliances between and among events. These may bear on my daily activities but more often do not. Usually I sit meditating, attentive to my breathing, until an event or a person surfaces and follow it until it attains a strong energetic presence. When the event is particularly juicy - full of energy - my breathing and head motion seem to be extra charged: volition based on the energy rather than on my direction. A really juicy event will jolt my whole body as my head turns towards my left shoulder (breathing in).

Source: Grass Valley, CA

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WHAT'S A CHACMOOL?

If you call the phone number for the Maui seminar and request additional information, they send out a beautiful brochure. This brochure contains a wealth of information, answering a few questions we have been asked in this newsletter. We were surprised to receive a copy addressed directly to NNL. I believe this was the result of our attempt to get permission to report their phone number in the postcard that we sent out to readers. Since the brochure was addressed to NNL, we are repeating key information here for those who didn't send off for the brochure.

First a comment on the overall brochure. It was very professional and pleasantly designed. It was not lacking in any way and was captivating to read. But it was somewhat out of character for Carlos' group. Of course, I haven't seen any other brochure like this, so I have no idea what would be considered appropriate. Yet I was struck by the fact that the brochure was somehow different. I'm sure other readers noticed the same thing. There were two things that were odd. A lot of group specific information was volunteered, and the brochure was on the heavy side when mentioning credentials. It was the type of brochure that might come about if an independent source, one that commonly designed brochures for esoteric speakers, were to be assigned the task of creating it. In such a case you would expect to see a lot of verbiage about the speaker's imminent qualifications for their task. Most of this was directed at the Chacmoools, so perhaps the message here is that we should accept and trust them as being a proper part of Carlos' group.

Here's a selection of the information which readers might find interesting:

"The focus of the workshop will be tensegrity. Tensegrity is a series of movements that deal with the dualism between the self and what men and women of ancient Mexico called the "energy body." These movements were taught to Carlos Castaneda by his legendary teacher, don Juan Matus and became essential in Castaneda's own struggle to break the barriers of normal perception. These movements provide an extraordinary window on the warrior's world."

"Yet without energy, there is no game."

"This workshop will be in the charge of Kylie Lundahl, Reni Murez and Nyei Murez, who are

Carlos Castaneda's closest associates, and the ones who have compiled all of the movements of Tensegrity into one single unit. Tensegrity: Twelve Basic Movements to Gather Energy and Promote Well-Being is a series of maneuvers to enlarge perception in order to enter into bona fide, all-inclusive new worlds."

The next three paragraphs are together and the signature from Carlos is attached to them:

"Don Juan explained that the gigantic reclining figures called the chacmoools, found in the pyramids of Mexico, were the representations of guardians. He said that the look of emptiness in their eyes and faces was due to the fact that they were dream-guards, guarding dreamers and dreaming sites."

"Following don Juan's tradition, we call Kylie Lundahl, Reni Murez and Nyei Murez chacmoools. The inherent energetic organization of their beings allows them to possess a single-minded purpose, a genuine fierceness and daring which make them the ideal guardians of anything they choose to guard, be it a person, an idea, a way of life, or whatever."

"In the instance of our video, these three guardians demonstrate the techniques of Tensegrity because they are best qualified for the task, the three of them having completed the gigantic task of compiling the four individual strands of magical passes taught by don Juan and his people to us."

-Carlos Castaneda

Another paragraph states that Kylie and Nyei are Florinda's wards. Reni is Carol's ward.

Consider this information reported so far in NNL: the three Chacmoools, Carlos, Carol, Florinda, Taisha, the Cyclic beings (Tracy & ???). We have also heard of another mysterious woman who is not one of these, and probably not the blue scout. That brings the size of Carlos' party to at least 10 to 12, depending on how you count the blue scout and the death defier.

Champurrado.

... Has anyone else tried Manchego cheese and champurrado as mentioned in *Being-In-Dreaming*? I've tried the manchego and found it to taste excellent. I've been eating vast quantities of it since it was mentioned in the book. I have a question for the newsletter: Does anyone know what the ingredients are for champurrado and how to make it. I did get a recipe for it from a Mexican restaurant in Arizona, but it involves items that I can't find in the US. If anyone knows how to make it and where to get these items from, I'd be very appreciative...

Source: MA

Editor: And all this time our food editor has been trying to find don Juan's tamale recipe. Here's what she said about champurrado:

Champurrado is *atole* that's been flavored with chocolate. Atole is a pre-columbian beverage which could be described as pudding made from corn flour. The same corn mixture used to make tortillas and tamales (Masa) is used to make champurrado. Other flavors are blackberry, strawberry, pineapple, or even chili. The consistency can range from thicker than pudding to that of a thin milkshake. The ingredients that might be hard to get would be the Mexican spiced chocolate and the instant Masa. I believe that you will find the Masa in your grocery store next to the flour, in the cooking section. The Masa is sold just like flour, in 5 pound sacks, but 1 pounders are out there. Look for Masa Harina, or Instant Masa, or a spanish equivalent. The chocolate ought to be available too, look in the Ethnic Foods section, or the International foods section. This chocolate is sold in 2 1/4" round blocks with dividing marks on them, like a cut up pie. Commonly, a package has 6 disks, or 18 ounces. You use a fraction of a disk to make the drink. Or substitute as specified below, but it won't taste exactly the same. Champurrado is not quite as chocolatey as an American might expect. But it's good. Some recipes are extremely sweet. The one below is less sweet, slightly more chocolatey, and the thickness of a thin milk shake. You can add 1 whole clove when you boil the cinnamon, if you like. Evaporated milk is sometimes used, and sometimes no milk at all, but all recipes I've seen use some form of milk. For an american taste, use 1 whole circle chocolate. This recipe serves 3.

1 1/4 cups water
1/2 to 1 cinnamon stick (3")
3/4 cup milk
1/2 cup instant Masa flour
3/4 cup warm water
1/3 circle of Mexican style sweet chocolate (1oz)
or 60 Nestles semi-sweet chocolate chips (1oz)
plus 2 teaspoons sugar plus a pinch of
cinnamon plus 2 drops vanilla extract.
2 Tablespoons brown sugar (or up to 10!)
3/4 cup milk.

In a large sauce pan, bring the 1 1/4 cup water and the cinnamon stick to a boil. Remove heat, cover, and wait 1 hour. Many recipes don't do this, but it's tastier. Slowly mix the Masa flour into the 3/4 cup warm water, till smooth. Remove the cinnamon stick and strain the Masa mixture into the cinnamon water through a sieve or screen. Add the first 3/4 cup milk. Bring to boil on low heat. Stir constantly, it burns easily. Add Mexican chocolate (or substitutes) and brown sugar. Continue cooking at a low boil for 15 minutes, stirring constantly. If you have a non-stick pan, you can stir a little less. Finally, slowly mix in the last 3/4 cup milk. It's done.

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SOMETHING FROM MERILYN

There was a time, before the witches, when most interviews with Carlos centered around, "but is it true?" I had a talk with the staff at *Magical Blend* magazine about this. I told them that in my opinion their readership was looking for practical advice-tips for their own practices. Since they had an interview coming up with Marilyn Tunneshende, they asked for some sample questions derived from reader input.

Unfortunately, we didn't receive notification in time. The interview took place before we heard about the opportunity.

Then the tape for the interview was mysteriously lost or jumbled. We were offered a second chance. We provided the following questions:

1. Can you detail the gates of *dreaming* beyond the forth gate?
2. Could you give advice on the criteria for deciding to proceed from the first to the second gate? From the second to the third? What about for women?
3. Readers are obsessed with the inorganic beings and look for every opportunity to assume they have encountered one. Anything you might have to say on this would be of interest. Also, do the inorganic beings view the male practitioners in a sexual way?
4. Some of the female readership is torn over making the decision to give up relationships and fully pursue energy storage. Do you have any advice for them?
5. Anything you may have to say about the status of don Juan's party would be of interest. We have heard from several sources that some of his party did not have enough energy to leave the outer realms of the second attention.
6. Carlos' party has repeated over and over that la Gorda is dead, although their story is not consistent. But they have tied the event to the return of Carol and consider it of key significance. The readership is quite aware that much of what they hear from Carlos' group may be stalking, but they would like to hear more about la Gorda's status if you feel free to divulge it. Some are of the opinion that your name, Marilyn, is a derivation of Mary-Lynn, or Maria-Elena, or la Gorda.

There's been lots of speculation about Marilyn. Among that, *Magical Blend* told us that they believed that Marilyn was in Spain as of a few months ago. Interestingly enough, Carlos' group has been teaching in Spain, or is reported to have been by one of our readers from that area.

I believe that the speculation is fueled by *The Eagle's Gift*, where la Gorda is said to be living in Arizona, learning English. Continuing with the speculation that Marilyn is actually la Gorda, we decided to check out her response to question #6 and see if she avoided answering it. We figured she wouldn't lie directly, and neither would she easily blow her cover. But if she dodged the answer, she was la Gorda. You might ask "what's the point?". The point is that if she is la Gorda, she's a valuable alternate source of information, especially a different point of view on *dreaming*, a more task oriented point of view. Carlos may never make a statement about her. In that case, it'll be up to us to decide if she's another wanna-be or if she's a valuable addition to our resource list.

Not only did Marilyn agree to answer the questions we posed, but she went so far as to personally send answers to questions that weren't going to be addressed in the upcoming interview to be published in *Magical Blend*. She gave answers to *Magical Blend*, and they faxed them to us.

Once again, something strange happened to the communication from Marilyn. A fax didn't go through and the original answer sheet was lost.

I thought Marilyn would react by becoming a bit impatient with *Magical Blend*, but she had quite the opposite reaction as you can see from the second response she provided for this issue:

Responses to Queries by Readers of Nagualist Newsletter

First let me say that I heard my original answers "disappeared" before they reached their destination and that you withheld publication of your newsletter in the hopes of a second response. I was touched by that and sincerely thank you. I also heard that the tape of my original interview with Magical Blend was mysteriously "garbled". I'm afraid this is something you may have to contend with occasionally as my whole existence seems to periodically dissolve. Six questions were filtered to me through the Magical Blend source. I will respond briefly to a few. Several will be treated in the upcoming M.B. interview.

2. Moving from gate to gate is not only a decision, but also a natural evolutionary process of energy storage. As one works on Dreaming, one will go more deeply into it. There will be energy thresholds and one will have breakthroughs in totality. Women find their innate abilities facilitate more ease of movement and should proceed if they have the proper intent, which will be tested at the gates. Men can also become stupendous Dreamers as evidenced by Native cultures like the Yuma, who derived all power from Dreaming.

3. The inorganic beings offer energy exchanges. Sometimes when in human apparitional form, they do feign sexual overtones. I would not recommend it. One must foster a symbiotic relationship if one is to trust the guidance of beneficial inorganics.

5. It is essentially accurate that SOME members of the old Nagual's party did not have the energy necessary to leave the outer realms of the second attention. However, this is not the case for all. To facilitate the movement of this energy, some of us have "in between meeting places."

6. The readers are correct that stalking goes on through the writing and discouraging. To realize this of course means that there is energy movement. La Gorda, to the best of my knowledge, did not die. Rather she is in an "in between place." However, it is quite possible that the others were convinced she died. The readers are also correct that the name Marilyn is a derivation.

I wish you well in your practices.

MT

Here's an interesting story. A friend who had doubts about the possibility that the first answers mysteriously disappeared commented, "I'd like to see that second Fax disappear. Then I'd believe it." Since I'm a bit less suspicious than he, I was paranoid and kept a close eye on the new fax. On the way home, in my truck, the fax swished around

the cab, heading for the window. I had to roll the window up quickly, and the Fax almost got away. I ended up swerving on the freeway.

No one knew what happened to the first answer sheet, but a member of *Magical Blend* staff remembered something from it, something not covered in the second sheet. We have to paraphrase, because we don't have Marilyn's exact words. She is reported to have said:

We have found that only intending to find one's hands is very difficult. It is more practical to use an object. The idea is to get the object into dreaming. Any object, even an apple, will do.

Readers may recall that this technique was used to teach the little Sisters and the Genaros. They gazed at leaves and stones until they started to dream of them. When they heard how Carlos had been taught *dreaming*, they were quite surprised. This technique is also mentioned at the end of *Being-in-Dreaming*. And the death defier built an entire town, complete with church, in this manner.

I was pleased with this answer and tried the technique out myself. Using a medium sized river rock, I was able to dream about it in 3 days, after a lot of concentrating. I got some surprisingly good results, including my first quick vision of my luminous net. But the biggest surprise was that it affected my ability to become aware of being asleep. Just having the rock next to the bed seems to make that easier now. I was pleased with Marilyn's answer to the problem of finding one's hands. Although it's straight out of the works of Carlos' group, it's an emphasis that I wouldn't have thought of on my own.

There still remains the controversy of whether Marilyn is truly the new leader of the lost apprentices. I believe that Carlos' group will eventually clear that up. Someone wrote in to *Magical Blend* criticizing her for calling dona Soledad mercenary. But Florinda said the same thing in one of her magazine interviews. Someone else accused Marilyn of being after money or fame, but she is reported to have donated the proceeds from her interviews to a charity and no one has ever seen her or knows her real name. Ordinary motives don't seem to apply.

And the answers and comments she has made seem to be entirely in tune with Carlos' group. We've received additional information on some of the other Nagualist groups mentioned last issue, and some on new groups. In nearly all cases these other groups have added things like "chi" and "chakras", "yin" and "yang" to the techniques. Or they've emphasized potential pieces of the self-importance spectrum, such as love, companionship, or a status/reward system for progressing through their school levels. Despite the obvious differences, these groups use direct quotes from Carlos' works, such as "Mastery of Awareness". My opinion is that these groups are simply using marketing ploys, similar to sticking a label of "fat free" on your food product. Perhaps some of these are valid shamanistic groups which are fed up with the adoration of Carlos' readers and have taken to claiming they're the same thing. But they are clearly not the same thing. Thus, if nothing else, Marilyn stands out as being a potentially consistent addition to don Juan's lineage. Next month, in *Magical Blend*, we'll get to see if Marilyn continues to be on target.

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A COMMON RESPONSE

This letter is fairly typical of the input we received as a result of mentioning the possibility of stopping the newsletter. Some letters were a bit more militant. One even said the equivalent of "forget them, who knows what they're really up to." I have a hard time taking that stance, considering that we wouldn't have heard about this at all without Carlos' group. Besides, the point isn't "what are they really up to", but "do you want to interfere with it?" Still, I can't help but share the opinion of the person who wrote the following letter:

Hi!

I am a reader who enjoys the benefits of NNL tremendously and have lately found myself doing a great deal of stalking.

Because I am a woman not having sex, I must be very creative with those around me.

An example of this is that everyone believes I am in a torrid love affair with someone, so therefore everybody leaves me alone as far as mating rituals go. Men in the obvious manner and women in the subtle ways they are with each other.

This has led to my being able to see a lot about people's inner motives, and not just sexually.

One evening at home, after an exceptional day of improvisation at work that I surprised even myself with, I found myself in a heightened awareness after taking a shower.

I went for the towel and saw myself reaching for it. I saw myself from within my own body as if someone else was doing it, yet it was me. But I was also an observer. I became aware of every single act, every breath, which seemed like an eternity but was only a few minutes.

And having had experiences like this, I long for more and know that Nagualism is the thing to do.

Now I have some comments on certain statements in issue No. 4.

The editor goes on to say in regards to the newsletter "What if they don't like it and we have to stop making fools of ourselves?". An-

other quote: "I fully agree that the newsletter was a ludicrous idea".

I realize these statements should not be taken literally and was probably meant to poke fun at ourselves and not to take things too seriously. But we should not try to downplay our own efforts.

I may be a fool, but don't feel we're making fools of ourselves. The NNL is a very honest endeavor that has positive intent behind it. Saying that it's ludicrous is trying to be above it all. Nothing is ludicrous. Everything is ludicrous.

We need to keep ourselves on track and in check constantly. No one has the answer, that's what we're all doing here. We're all following the same path.

To all of us who have discovered and become aware that there are other practitioners out there (we all suspected as much and have now realized it), it feels like the moment we have been waiting for. It is already a very solitary path.

We can at last share information with those who have an idea what we're talking about and understand. I look forward to your next newsletter. Thank you for all your hard work.

Source: G.P.

Editor: The two quotes from the newsletter that you picked out were my attempts to let people know that the newsletter was not intended to be a personal endeavor, that we sincerely believe here that we had no choice but to produce it. We just couldn't ignore a little finger moving on its own like that.

The problem with continuing now is that it would go against the rules we made when we started. We vowed to end if we had made a mistake and the newsletter wasn't in tune with intent. We decided that Carlos' group disappearing would be one sign of that.

Now that this has happened, to continue would make this into a personal endeavor. Such an endeavor would only feed the idea of personal self all of us are trying so hard to starve. Daily we'd have to think, "Well gosh! This is too important to stop. Carlos' group is just out of touch with the readership. We know better than they do, fuck them." It would be like a junk food banquet for the self.

Someone else will have to attend that feast. Everyone here has had too much to eat already. Now if someone else wants to take up the task, we might consider a snack from time to time.

For the scholarly.

A reader sent in some more references to Nagualism of the type shown in Issue #1 of this publication. In fact, one of the references even starts out by refuting Dr. Brinton's claims. The gist of it is that "Nagualism" is a catch all category, similar to how we might view "Shamanism" today. He took exception with the idea of a secret organization extending over a wide area.

Here are the references:

"Magic, Witchcraft, and Curing", edited by John Middleton, American Museum Sourcebooks in Anthropology, published for the American Museum of Natural History: The Natural History Press, 1967 Garden City, N.Y. Library of Congress Catalog Card Number 67-12895.

Brinton, D.G.
1894 "Nagualism: a study in native American folk-lore and history" Proceedings of the American Philosophical Society 33.

Holland, W.
1961 "Tonalismo y nagualismo entre las Indios Tzotziles de Larraonzar, Chiapas, Mexico". Estudios de Cultura Maya 7.

Kaplan, L.H.
1956 "Tonal and Nagual in Coastal Oaxaca, Mexico" Journal of American Folklore 69.

Villa Rojas, A
1947 "Kinship and nagualism in a Tzeltal community" American Anthropologist 49.

Foster, G.
1944 "Nagualism in Mexico and Guatemala" Acta Americana 2.

Crystal sources.

The December 1994 issue of Lapidary Journal lists a Calendar of rock shows across the country on page 127. Looking over the calendar, I saw that we have readers in the cities mentioned. This isn't a complete calendar, it's just the shows a particular dealer will be attending. There are probably others in the same issue. We'd planned to print the calendar, but we received so many lecture notes we didn't have room. The reader who sent the magazine we examined also mentioned that if you want to dig your own crystals you can go to Mount Ida, Arkansas. Local crystal stores there will tell you how to go to a local mining site with a bucket to dig your own for about \$20.00.

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HEY, THAT'S JUST LIKE...

Namkhai Norbu

...In issue #3 you mentioned that you haven't seen any other groups with the goal of physically somersaulting into the inconceivable.

Concurrently with reading CC's books - which seemed fantastical as they came out, so that I suspended judgment - I also was reading from Tibetan Buddhist writings. The act of leaving the material plane without leaving a body behind is not only referred to in mythical or historical accounts of Buddhism, but is also described by at least one (maybe more) current teacher/writer, Namkhai Norbu, as having been the way his teachers and some of his family members left the world in this century, by achieving transformation of their ordinary bodies into a Rainbow Body, or Body of Light (p. 67 of *Dream Yoga*, and pg. 125-128 of *The Crystal and the Way of Light*). Pg. 43 of 1st edition of T. Abelar's *Sorcerers Crossing* seems to me an interesting, relevant comparison: "...we die because the possibility that we could be transformed hasn't entered our conception... this transformation must be accomplished during our lifetime..."

As I understand it, these Tibetan teachings also have this transformation, or somersault into the inconceivable, as their goal.

Source: S.G.

Editor: Another reader reported that Swami Ramalinga (India, 1823-1874) is reported to have disappeared in his hut following a brilliant, violent light burst.

Readers can order *Dream Yoga*, along with lots of other esoteric books and toys (including a book on using drumming to enter *dreaming* by Michael Harner), from The Mystic Trader, 1334 Pacific Ave., Forest Grove, OR 97116. Or call 1-800-634-9057 to get a catalog ((503)-357-1669 outside the U.S.). I know that sounded like a commercial endorsement, but they sent a catalog and I was so charmed by the wealth of useless goodies that I wanted to pass it along.

The enlightenment pursuers.

...There are quite a few similarities between the lore of the enlightenment pursuers and that of the Nagualists.

I think that the yogic concept of "disincarnation" might be derived from striking a deal with the inorganics. Disincarnation happens when you do specific rituals aimed at specific beings or powers. This technique is roughly described in the Rig Veda. If you are successful in performing the ritual, you get to live until the end of the universe in your own little world, as lord and master of whatever you performed the ritual to be. It is emphasized that you don't get to remain forever. When the world ends, you're out. It is considered a bad thing to do, you have stepped outside the normal evolutionary cycle and will eventually lose your sense of self-determination. Agni is an example of someone who performed this ritual.

Another example of the presence of the inorganic beings in enlightenment lore is a comment made by the Maharishi Mahesh Yogi, sometime in the 70s. He's the leader of the modern day TM camp. He remarked, to a small assembly of followers, that a huge being had attached itself to the world and was feeding off the negative emotions of the planet. He

made it clear that perceiving this kind of thing was done only by Seers and that to him the being resembled a gigantic caterpillar. He also stated that the earth was a gigantic being too, one that he perceived as a mother cow. He believed that if a way was not found to dislodge the predatory being soon, nuclear war or some other disaster would result. While I'm not sure if this constitutes an inorganic being, it's interesting to think of the possibility that since the earth is a living being, there might be predatory beings of the same general size. This Yogi is interesting because he hasn't emphasized enlightenment in his teachings, rather he emphasizes practical application through specific techniques and describes his followers as being on the path to become seers. Maharishi means seer.

Another yogi, Yogananda, claimed that there are saints in India who are over 2000 years old, and gave an extensive account of one in *Autobiography of a Yogi*. Those Yogi's presumably found a way to extend their life, as did the death defier. Also in that book, the Yogis certainly taught their students from within a *dreaming* state. An interesting story in that book is how the wife of one of these yogis woke up one evening to find her husband's dream body floating above the bed, surrounded by servants. Yogananda's book is good to read because it breaks the American concept of enlightenment pursuers as people who sit around and repeat "Om" with their hands in awkward positions. His book is filled with *dreaming* experiences.

And then there's that little book the Hari Krishna's like to give away for a "donation" in airports. It claims that their leader didn't die, but simply walked into a forest and never came back. Presumably, he walked into another reality, with Krishna.

Another interesting similarity between these consciousness based techniques and Nagualism, is the concept of astral planes. I've seen it said many times that these places are passed from master to disciple and have been "carved out" so to speak, and passed down. Reading direct accounts of them makes them sound as if they are built out of, or discovered through, *intent*, and are not locatable without a connection to the original *intent*. It's very much like the death defier's *dream church*. It was built by the death defier by visualizing it a brick at a time. These astral planes are also built in this manner and handed down to descendants in a relatively sturdy form. I believe Muktananda elaborates very well on astral planes in one of his books. But in that same book he mistakes a *dream* of hell for an actual visit to a place everyone goes after death.

It's also interesting to take a close look at the two schools of enlightenment (the gradual and abrupt schools) and analyze the experiences of their participants. Jung had his own analysis of this, and I found it particularly frustrating. It's fine to get inspired, and run around with the idea that you're educated and know the truth, but at some point you're going to notice that you haven't gotten anywhere. I find it more fruitful to examine these schools from the point of view of Nagualism. Given the premise that enlightenment is permanent heightened awareness, or dreaming-awake, some interesting things pop up.

The Zen school believes that enlightenment comes in a flash and remains permanently. Yet nearly all of their participants never make it. Usually, that's blamed on the participants.

But perhaps they aren't to blame. Don Juan described how some luminous cocoons had a peculiarity that made them permanently deform the first time the assemblage point moved to heightened awareness. Carol was said to be such a case. Maybe those who are capable of reaching enlightenment instantaneously are merely those who's luminous cocoon has that peculiarity. That would seem to make sense. Since most people don't permanently retain that state, without a personal struggle, and since the Zen situation is not one where a Nagual is automatically putting all students into heightened awareness on their first meeting, you would expect enlightenment to be a rare occurrence under such conditions.

Then there's the gradual school of enlightenment. Traditionally, this camp is inhabited by the Yogis and Buddhists. They believe they can meditate and practice consciousness altering techniques which gradually transform their state of consciousness into an ideal one.

If one were to experience this directly, through their techniques, while retaining the Nagualist point of view, one might conclude that their meditation works because it shuts off the internal dialogue. This often allows them to retain awareness and sneak into other states of consciousness. They don't quite see it that way. They have added elements of religious belief, and while they will often acknowledge the effectiveness of shutting off the internal dialogue, or quieting the mind as they would put it, they don't seem to believe one can learn to do that directly through practice. They see that more as a side effect of practicing the meditation techniques or as the result of reaching other states of consciousness.

I once had a conversation with Chakurpani, one of the most likely candidates to take over for Muktananda when he died. At that time I was concerned that shutting off the internal dialogue was dangerous. I still wasn't quite sure Carlos hadn't made it up, and I feared my mind would shut down and my bodily functions fail. I asked Chakurpani, and he said, "Oh, no. The more you stop your mind, the more you evolve." I then asked him a question that amounted to "well why all the other techniques then?" His reply was something to the effect that, "not everyone could do that."

During meditation, Yogis and Buddhists often experience the same types of things readers have reported during recapitulation: blacking out and not remembering what happened, dreaming while not asleep, muscle twitching and movement, consciousness moving downwards into the center of the body, etc. And of course they experience all of the accompanying sensations of such a shift: loss of physical boundaries, direct connection to knowledge, bliss and increased healing ability, perception of heaven, angels, and God. My conclusion is that these are the side effects of an assemblage point shift along the left side of the band of man. I believe it's a good assumption, since their descriptions of the results correspond exactly to what don Juan described for such a shift. And he said that was the preferred direction of shifting for most people. The Yogis themselves often say their techniques are "designed" to be safe for all. And don Juan said that this band of emanations was the portion of the luminous cocoon which was perfectly safe to perceive. Finally, there's Carlos' statement after experiencing this kind of shift that he believed mystics and saints must have made this journey too.

The users of these techniques get better and better at this specific shift, because their specific technique produces consistent results. These results may vary from person to person, often being frustratingly poor, but they are predictable. Still, the gradual school isn't any better off than the Zen camp, and the Zen criticism of them is true. They achieve other states of consciousness, but only temporarily. They keep extending their practices in an attempt to retain their gains longer, but this extension usually amounts to a retreat from the world in one form or another. They keep telling themselves, "I need to spend more time meditating and keep away from all of this worldly activity." Even when they do manage to stabilize these new states of conscious, it seems to me that they have simply added a bit more to their perceivable universe, the same way the ancient Toltecs increased the size of their reality. And their results are a lot less practical than those of the Toltecs.

In the final analysis, you really have to wonder if these things are all that similar to Nagualism. The leaders of all of these groups don't seem to have the same concept of total freedom. They surround themselves with symbols, buildings, traditions, and followers. Nagualists behave very differently. Would anyone really expect to see a famous yogi or Zen master working as a fry cook in a restaurant in Tucson?

Source: Orange, CA

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THE STRUGGLE TO CHOOSE

Men seem to jump into Nagualism as if their self image depended on it, oblivious to what they might have to give up in the process. With women, there seems to be a consciousness of the need to make a choice. This letter shows the kind of struggle we've observed several times.

Hello! So, you've been saying you wish more women would write... well, here you go!

I wasn't sure I had anything to say until I read the first three issues. Then I found myself overwhelmed with questions, feelings, and the desire to communicate my own experiences.

...I feel a lot better now that I have a forum for more information, questions, fellowship. I could probably have found an address for Carlos and the women with a little digging, but I didn't really want to write to them, because the tone of every interview I've read is that they don't have the energy for everybody, and that it's all possible to accomplish on one's own. So this is the ideal alternative.

After reading over everything I've written, I realize it's quite a lot of verbiage. I offer it in utmost humility - do whatever you want with it. I just feel better getting it off my chest. Reprint any you like, or none of it. Use my name, state, or city, it's up to you. So here goes, a little history, a few experiences, and some questions:

I always knew there were other options available for perception and reality. It seems to me there is a very thin veil between this world and the unknown. I have always sensed this, but at the same time it's clear the veil is held in place with formidable anchors.

As a child and early adolescent I definitely had what I called a "cosmic" side, even though I grew up in a very "concrete" environment. My father is a physician, and anything that can't be proven by the scientific method does not exist. I spent many years in therapy working on my self of ordinary reality. I view this as positive, because it enabled me to function well in this world, to be stable and balanced. After all, it's hard to vanquish an ego if you don't understand anything about it. Taisha mentioned in the lecture that it's important to use the social order for stability. I totally agree! I could never have attempted any of this work without a thorough understanding of myself in ordinary reality.

In April of 1993 I met someone who became a close friend. In our talks he told me a lot about the books, Carlos, etc. At that time I thought it was a bunch of crap, but because I respected him I kept my mind semi-open. Last Christmas he gave me *Journey to Ixtlan* and *Tales of Power* as a gift. I read the books diligently, and as I did so, doors flung open, and I knew I wanted to do this. When I read the *Details* article in March, I realized that this work could actually be available to me. I began voraciously devouring the rest of the books, the women's as well. After reading *Sorcerers' Crossing* I began recapitulating. I practiced almost every day for three months, then intermittently, and in August I stopped altogether. But I've just started again, thanks to the inspiration of the newsletter!

I am very confused, concerned, excited, etc. about all this, but there are a number of issues that I find very difficult to resolve. Well, two major ones especially.

First, it has been my lot in life to be extremely interested in finding a relationship, "someone who loves me." This has plagued me to the point of obsession. Since I have been gaining more power (through recapitulating and changing my behavior), this has become a more balanced part of my life. But, in the world of every day reality, it is a perfectly acceptable thing to assume that one day I will have a partner in life with whom I can walk my path. I'm struggling

with the choice between Nagualism and something that has been THE MOST IMPORTANT THING IN MY LIFE UNTIL NOW. But I have also seen how much energy I have lost in the pursuit of relationships, and how much power I've given away. I've gotten some of it back now, and it's great. But the concept that I could never again want or seek a relationship is extremely difficult to grasp and leaves me feeling quite at loose ends. Is the value of Nagualism greater than the value of happy family life in ordinary reality? I'm not quite sure what I'm getting into here... I only know I am COMPELLED to keep doing it, so I'm in a quandary.

I have gotten a clear message in the newsletters that it is important to do sorcery 100%, not half-assed at all or bad things will happen. This causes me to feel extremely torn, like I have to make a choice RIGHT NOW between two worlds. That if I pursue the recapitulation, the *dreaming* practices, etc., without completely renouncing a very large and loud part of myself (connecting with others in relationships, the concepts of family, work, creativity, etc.), then it won't work. Does anyone else feel torn this way? I'm not ready to choose sorcery 100% today, but I can't let it go either. What I would like to do is pursue the practice and pursue my everyday life. I feel the more I get into it, the stronger I become, and if this is in fact what I need to be doing, the choice will become more clear. I'm just struck on this "half-assed" thing, that possibly I could go crazy or something, which brings me to my second point:

FEAR! It has plagued me all my life. I always knew I had a lot of energy. I always knew there was more out there. I have always been afraid of the dark because I could sense a presence near me and just DID NOT want to see it. I honestly feel like fear is the only thing that keeps me in this world at all. I realize this is the Tonal's way of keeping the agreement, of keeping me in ordinary reality. But again, I'm confused. I don't know where I'm indulging and where I'm being prudent. This work can be dangerous and it's certainly nothing to screw around with. I truly don't know how other readers can help me there, except to explain their feelings of fear and how they have overcome them or just worked with them. I already feel comforted reading the experiences of everyone and knowing that people are brave enough just to dive right in. How does one stop indulging fear, and in what instance should fear be a guide to protect oneself from harm?

What I truly want is a CHOICE. I want to have my power available to me. I want to be able to choose freedom if I want, or choose ordinary reality if I want. It seems the two can't jive together. Ordinary reality is really tied up with things that prevent us from choosing freedom. Can I live in ordinary reality and not have sex, not get married, not have an ego? They say it's possible, I don't know yet if I want to do it that way. But, to be honest, the process of recapitulation has diminished my interest in sex and seeking a relationship, and my ego has definitely changed. And I feel better for it, so maybe I have answered my own questions. Plus, blah, blah, blah, the more I talk and think, the worse off I am. If I just do it, experience it, see it, I'm fine...

So, my experiences go like this:

RECAPITULATION:

I did it almost every day for a few months. I sat in my room (on a hill in San Francisco), facing the Southwest. I start by moving the energy in my body doing the breath exercise from *Sorcerers' Crossing* in which you breathe the earth's energy through the vagina, up the spine, and rest it between the eyebrows, then exhale it down the front of the body. I do this until I have a good sense of the energy moving through the cycle in my body, like a wave. Then, I close my eyes and visualize the scene as it progressed, setting it up. After I feel I can see as much of the scene as possible, I visualize extending the fibers from my belly and casting a net around the entire scene. I start by inhaling myself out of the scene. I just suck myself

up through the web of fibers. (I inhale while turning my head to the left and exhale while turning it to the right). Then I move to the person I am recapitulating (I'm still working on my sexual relationships, so each scene has to do with one person). I lock onto their feelings, and as I exhale I send them back to that person. If it is a sexual act, I spit the luminous worms from my belly and see them laying in the scene in front of the person. Finally, I inhale the room, walls, furniture, everything else in through the web. Then I take a few general breaths, sucking every last bit of my energy back through the fibers. When I feel ready, I begin pushing the scene away from me with each exhale, continuing to suck the last bit of energy in with each inhale. When the scene is very far away and now very small, I retract the web on one last inhale, and on the last exhale I just blow the scene away into nothing, which leaves blackness in front of me. I then make one sweep without a breath, then I sit quietly for as long as possible without internal dialogue (the amount of time varies), inhaling *intent* with every breath.

I have found recapitulating to be EXCRUCIATING. Not because it's hard to look at parts of my life, I've already looked at most of them in therapy. But it's very slow. The books talk about being thorough, so I really suck everything in. Actually, after a while I was really struggling, so I started speeding it up, which made it a little easier. I don't believe I have sacrificed thoroughness, but I can't be sure. I'm certain this won't be the only time I recapitulate.

Also, with heavily charged scenes where I dropped a lot of energy, taking it back can be uncomfortable. The hit of energy coming in can make me very tense, sometimes it makes me cry. I have to stop for a moment and let it sink in before continuing.

The small amount of recapitulation I have done has really affected me. I have become aware that I am a person who was given a lot of energy. I am also aware that it is all dispersed. I'm totally psyched to get it back! It has also helped me to keep from giving my energy away in my current life. As a result, my level of personal power has increased quite a bit. My daily life is so much better as a result! There doesn't seem to be much to fear here, I think everyone should do this. But... It is really hard, and so when my daily life got hectic and personal relationships began to interfere, it was easy to let it fall by the wayside. This was, I guess, my first lesson in how hard this work really is. But I have started back up now... I don't have a true enclosed space, and there's not much room in my house for a refrigerator box. Initially, I wasn't in an enclosed space at all, but I like the idea of putting physical pressure on the energy body. So now I sit in a corner of my room, surrounded by the wall on one side and my bed on the other. I've rigged a large piece of fabric to drape over the space so I'm completely enclosed. It's the best I can do, and I do feel a difference. At the end of the session, I'm much more aware of shifts in my perception, little movements that settle down after a few minutes.

Another result (I think) of recapitulating is I see more things. All my life I would occasionally see... um... points of light (I did not vote for George Bush - this is the best way of describing this). Usually they're white, but they can be green, black or blue. They would appear briefly somewhere in my field of vision and then disappear. Since I've been recapitulating, they happen all the time. Lots of white ones now, but also more colored ones. The blue ones are bigger and more amorphous. Occasionally, they will stay around for a couple seconds, and one of the blue ones actually sizzled. They are almost never directly in front of me, more in my peripheral vision. (Actually, it seems that they're not a part of my vision at all) I usually greet them now, acknowledge them in some way, say hello... I really don't know what it is, except that I may be letting some energy in or something.

Also I see a lot of things in my peripheral vision that I never used to. Often it looks like a cat is walking down the hall. Sometimes a person. When I turn to look directly at it, there's nothing there.

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DREAMING:

Not much luck with this yet, but not much effort either. I tried to focus on finding my hands in the beginning, before I started recapitulating. Strangely enough, I did see my hands twice, but not because I even tried to - both times it happened when I feel asleep after having sex with my (then) boyfriend (go figure...). My hands were green and slimy both times, and both times I woke up right after I saw them because I was so excited that I had actually seen them... When I read *The Art of Dreaming* I realized that *dreaming* doesn't work well when recapitulating, so I stopped even trying. But I figure, it can't hurt to work on shutting off the internal dialogue and continue asking to see my hands. Who knows how much energy I really have recovered?

The internal dialogue thing is very hard, but I find that gazing has gotten me to a certain point. I can focus all the chatter on one point and then there is a blankness in the rest of me. I have gazed at trees mostly (I'm fond of them), but I did gather some dried leaves recently. I'm going to try that too (by the way, gardening is a good way of getting close to the earth's energy - and the awareness of plants and trees is very compelling to me). Of course, as soon as I get anywhere near quieting the internal dialogue, a big wall of fear takes me out of the whole thing.

Normally, in the last few years, my sleeping has not been too great. I toss and turn a lot and wake up many times in the night. When I have tried to focus on quieting the inner dialogue and finding my hands while going to sleep, I have great sleeps. All night long, very peaceful, no waking up. Unfortunately, I don't remember a damned thing, and I certainly don't find my hands!

I have had strange experiences in airplanes. Once I saw a blob of light moving around in the clouds outside my window. It was not blinking like an airplane light, and it was amorphous and changed shape a few times. And it glowed...

Then, on the same trip, on the way back, I had been reading *The Power of Silence*. I think, and I put it down and turned on the Walkman. Now, I feel like music speaks directly to my left side, and this particular tape really got me going. I decided to focus on my womb. I closed my eyes, and as soon as I sent my focus to that area, it felt like my entire inner self just slid right down inside my womb, so I was completely enveloped in it. Then I don't really know what happened. It did not feel like I was asleep, but I had a dream in which I was planting a tree, and I decided to step back away from my body (to release the double I guess). When I made the concerted effort to back away, my whole body went with me. (Of course, at that point I felt that I had not succeeded, but when I mentioned this to a friend he noted that I did not look down to see if my body had actually come with me or not. Nor did I notice my body in front of me...). At that point I came to and realized that the tape in the Walkman was nearly over, so quite a bit of time had passed. I wasn't aware that I had slept, but I really don't know what happened.

The interesting thing about this experience was that I had NO FEAR. I'm normally afraid of flying, so possibly my fear was already taken. I was feeling very soothed, comforted, happy with the music, reading the book, there was simply no fear. So then I had one of my most significant experiences. This points out to me more than ever that fear is what keeps me here.

Also on the *dreaming* thing, I have what I call "sleep-walking" dreams often. I don't ever get very far before I wake up. Usually I wake up as I'm getting out of the bed. The interesting thing about this is that the dreams are very loud, very intense, more than regular dreams. Also, when I wake up, the reality of the dream is superimposed on the reality of my bedroom. My eyes are seeing both things at once. It is very uncomfortable and confusing until the dream reality recedes and I'm once again in just this reality. I have always felt this was a significant thing, but I'm not sure in what way. Perhaps I will learn more as my *dreaming* progresses.

I did have a dream about the women and Carlos. The women did not want to teach me. They were very intimidating, and did not seem to have time or something. Then one of them (I think it was Taisha) had some realization and agreed to take me on. They showed me some ways of walking that I can't remember. Then later in the dream I was on a hillside with sheep, and we were all sitting there with Carlos. I remember hoping he would like me. I honestly feel this was just an ordinary dream reflecting my desire to work with them and my constant "please love me" obsession. But you said you wanted to know...

QUESTIONS:

1. Where did Carol Tiggs actually go? Before I read *The Art of Dreaming* I assumed (based on what Carlos said in Details about her being gone for ten years) that she had gone with don Juan. Other references in the books seemed to indicate that as well. But in *The Art of Dreaming*, it seems more like she was in some realm of the Death Defier's dream...

2. What is impeccability really? The only real definition I got for it was "doing the best you can in all situations," but I'm sure there's more to it than that. From reading Taisha's lecture notes it seems that the concepts of loving unconditionally, vanquishing the ego and not feeling better than anyone else are part of this. Possibly honesty, too, but that may not always fit in with controlled folly.

3. What exactly is the point of this, other than a compelling challenge, hard work, fun and possible insanity? What are we trying to achieve? Taisha said their goal is "total freedom, not just another position of the assemblage point." If I understand that correctly, the point is to burn with the fire from within, as don Juan did, and become pure awareness, thereby moving around death. She said she thinks this is possible, that *intent* will guide us if we make sincere effort. But if we fall short of that, then what? I suppose we will never know unless we try. But if one gives up the comfort of the ordinary world and falls short of the goals of the sorcerer's world, one would find oneself in a pretty shitty place, wouldn't one? Maybe I just don't understand the death thing well enough...

4. What about masturbation? (Well, somebody had to say it.) Do we have a definitive answer on that? I can see how sex with someone can be draining, but it seems the energy generated from a self-induced orgasm is purely for oneself. I do recall don Juan telling Carlos in *The Art of Dreaming* to grab his dick if he got too cold after *dreaming*.

5. What about abortions? Aside from the fact that they need to be completely recapitulated, does the act of conceiving a child - even if the child is never born - make a woman lose her edge? What about the man involved?

Well, that's it. My apologies if your eyes are tired now, but I do appreciate the opportunity to communicate.

Source: San Francisco, CA

Editor: We seem to have decided, in the last issue, that comparisons to other techniques are OK. So, about those lights: Yogananda and Muktananda have described them, Muktananda being by far the most obsessed with them. He called the blue one, "the blue pearl". He equated them to the inner lights mentioned by Patanjali, about 2000 years ago, who described a technique where the phrase "inner light" is held as the only thought in the mind, then dropped into total silence, devoid even of self image. The results vary, but some report seeing a white dot, followed by a red blob, followed by a black hole, followed by a blue sphere. Patanjali also described other phrases to produce a wide range of results, including invisibility and levitation. Read Muktananda's book about how he reached enlightenment for a longer treatment of the inner lights. Some of our TM readers have emphasized the rest of Patanjali's techniques, especially the levitation.

One of the lights, probably the blue pearl, is the symbol for a church of Yogananda in Fullerton, CA, so don't get spooked and convert to their religion if you see it in a newspaper ad and think, "Hey! I see that light!"

I was interested to see your comments because I see the friendly lights too, and even say hello to them. But I've learned that it's best to forget the darned things, otherwise you'll get a big ego or go religious from wondering about them.

I'm surprised about your interpretation of your tree planting dream. You succeeded royally! Forget about the dream content. Getting into *dreaming* from waking is enough, imagine the practice you could get if you could master that! And your sleep walking is truly great! If that isn't preliminary *dreaming-awake*, I don't know what is. I say you're an evil witch in the making. I believe that reading accounts in the books over dramatizes our expectations. When we *dream* alone, it's likely to feel normal, even when it's quite a change.

I do have to honestly say that your doubts are worth considering. You might find yourself 20 years older, and wishing you'd mated with more men while you were young and hot. That happens all the time to people who join cults. It could happen to you. It's a difficult predicament. If you try to be both a Nagualist, and an average person in pursuit of reproduction, I believe that nothing good will come of it. I find that the path is so straight and narrow, and the bird flies away so fast, that falling off the wagon for even a week has serious effects. And there doesn't seem to be a point when you can relax and work less hard. Hard work produces results, but then they seem to become "normal" and you have to work even harder to get the kind of contrast that's exciting.

I believe that the women face even bigger decision problems because the men in their lives are more likely to try to stop them if they don't approve. But then desperate women can be quite violent, as described by a male reader in another letter in this issue. All in all, it's a big struggle to break away from the social order.

I can't answer most of your questions. The books state that Carol merged with the death defier and that the combination of them went off with don Juan's party when he left. The lecture notes confirm this and add that she returned 10 years later. We don't yet know exactly why she returned. Maybe it's the normal thing, the nagual women is just taken away for a while. Or perhaps don Juan getting stuck and la Gorda going off on her own has something to do with the return. Marilyn said that some are in in-between places, including herself (and la Gorda too). There's some pretty interesting speculation there. If Marilyn is for real, maybe she left as la Gorda, triggering the return of Carol, and came back as Marilyn. And the death defier just went along for the free ride. But of course, this is wild speculation.

When Carlos used to ask don Juan about impeccability, don Juan always told him that he already knew. I think that holds for us too. If someone were to make a rule, there'd be loopholes as big as the universe. And it's good to ask what the point is. That depends on each of us. But you should also ask what the alternative is.

This issue we have a report that masturbation is considered worse than actual sex, as far as the men go. I don't understand the sex thing very well, but lecture notes indicate that the energy loss is exactly like the energy loss that takes place in other events. I was thinking in terms of some magical sex-specific process, but that's obviously wrong. About the abortion, don Juan said that when someone dies their edge goes to someone else, so probably you get it back.

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BEHIND THE SCENES IN ARIZONA

Here's a more colorful rendition of the lecture in Arizona.

Dear NNL,

I just reread the letter from your reader in Tuscon who attended the Toltec *dreaming* seminar in Arizona and I thought it was a good brief recap of the seminar.

I really enjoyed Florinda's energy. She was vivacious, challenging, spirited and very warm in an offbeat way. I say that because I spoke to a number of other participants to get their views and some of them found Florinda offensive (she shook up quite a few sacred and fragile cows), while others found her intriguing - one woman I spoke with had an unusual healing experience performed on/with her by Florinda sat. nite and she was still reeling from the experience. She shared a number of interesting "facts" about don Juan. When she first met him he told her "we have no time". A year later he was still telling her that and she told him he was full of crap and that he had been telling her that for over a year. Only later did she understand the truth in what he was saying. When don Juan told her he had lost his human form, Florinda asked him if that meant he no longer had a penis at which point don Juan dropped his pants and revealed quite a large one. The mold of man is not in one's body, but in the lexicons and abstract traps we build for ourselves. Celibacy was talked about on a few occasions and it seemed to be an individual thing based on your level of energy and *intent*. Sexuality can be a many sided sword to trap you or help free you. Florinda said Juan was "A lecherous old man". Carol said she had it and was going to use it (referring to her genitalia), and although Taisha didn't speak about it directly, I think her books speak clearly for her. Celibacy/sex was a confusing subject for many but the main point was to listen to your inner seer. They emphasized that we (the participants) did not need them or Carlos to guide us. We needed to focus on *intent* and follow that. Recapitulation would help us free ourselves from our traps and free up our energy. As Florinda said, we need to quit mentally masturbating so much, which strokes the poor me and deludes us from seeing it is actually feeding our

self-importance. On recapitulation, a lot of questions were asked about the technique and the breathing. Carol said the breathing is important, but if you are driving in a car and start to recapitulate and move your head from side to side it is more likely that you are boosting your self-importance with a show of "I'm recapitulating, I'm above this." That is a trap. Carol said that the process generally goes something like this: The first time you recap. you say, "that person was a real jerk." After you recap a while you go back and say, "I was a real jerk", then after a while you can see it clearly, non-judgmentally, and you have freed up that energy that was being wasted by your previous judgments and attachments.

A new paradigm and new lexicon needs to come forth and Carol said that the seminars were as much for them as for us because they needed to work on this. Florinda emphasized that women need to learn to cooperate and not compete over men. She had some funny examples of how women compete with each other over men and then run to each other to commiserate when the men are not around. She added that men need to nurture women and give them the space they need to grow into whatever it may be. She talked about how women are complete energetically while men are not. That is why men are driven to possess and control, more so than women. She used some sexual examples to clarify this point. On Sunday a few of us were talking with Florinda, and a guy came up, and she (in about five sentences) described how they would go run off, get a room, have a great weekend, how he'd break her heart for being a jerk, and then she would hate him. So I guess we don't need to run off, now that we know everything that will happen. She used this to show how if we listen to our inner seer and not our fears or desires or projections, then we can free ourselves from many of the traps we build for ourselves.

Taisha had a very bright aura. The various stalking roles help to free us from our attachments to our roles. She did the monk role to help free her from her previous religious attachments. By moving completely into another world, it helps you see the previous world more clearly. As don Juan said, every description is as equally valid as every other description (world). In freeing ourselves from our current worlds we can become fluid and move between and through worlds. On Sunday I locked eyes with Taisha and her energy was bright and

effervescent. I can close my eyes right now and see her very clearly and feel her energy.

So Florinda covered *dreaming* a new world/a new paradigm and did a good job of shaking up the current one (since comfortability generally prohibits wanting to change.) Taisha covered stalking and learning to change our behavior. (If she can do it on such a grand scale, surely we can do it on a small one, like as Carol pointed out, doing the dishes when normally you don't, and not making a big deal out of it. I.E. "Look what I did.") And Carol, the Nagual Woman, integrated the two. Carol came out doing an Elvis number, "Hound dog", and told many stories (her Elvis impersonation was very good.) Her stories pointed out her personal growth in spite of herself and she reiterated the importance of listening to your own inner seer (which is hard because of the voices of others), and being responsible for the world you are *dreaming* right now, and working on our stalking/behavioral skills to carry it out.

The sorcerer's passes were very good, but again you need to listen to your body. I could write much more, but that is probably enough for now. If there is anything you would like to know about the seminar let me know. There was "a whole lotta shakin' going on."

Source: Mesa, AZ

Editor: If you hear about someone being offended by Carlos' group, remember that ordinary motives don't apply and neither do normal social forces. We learned this via input to the newsletter. Carlos' group has an overall plan of some kind, and they don't change it to be fair or nice when under social pressure. Also, they tend to clobber people when the people are grabbing for a self-esteem reward (such as telling vegetarians that they look unhealthy), and this makes people mad enough to make up bad rumors about them.

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SEX, DRUGS, AND ACADEMICS

Here's a pleasant surprise in the form of answers to some of the questions that have been bothering readers the most. It shows that pressing the witches for answers isn't a bad approach to the situation. A reader wrote:

...Here are a few more items I've remembered from the Arizona Toltec *Dreaming* workshop:

On the question of drugs, Florinda said that using drugs makes it harder to get to the second attention through *dreaming*. One man in the audience said that his understanding was that don Juan had instructed Carlos to return to see Mescalito as many times as possible. Florinda said yes, but do it through *dreaming*. She also said that smoking pot turns the luminous body green. They all were emphatic about the damage drugs do and many of us were getting kind of worried that we may have done irreparable harm to ourselves in years past. Finally, on the last day, Carol, noting our fears, said that repair was possible through recapitulating, not-doing, etc.

Carol Tiggs, talking about sex, recommended we save our energy, but that if we choose not to, then (addressing the men I guess) don't sit around playing with yourself but "at least find some place to stick it".

Someone asked if they should pursue academics in order to learn sorcery and they answered with an emphatic and unanimous No!

Someone else asked if they had to get out of relationships, families, etc. to pursue sorcery and Taisha said absolutely not, just start where you are.

Source: Tucson, AZ

This reader asked about *Dimensions* magazine. We have an old address for them in the publications of interest section. We couldn't fill his other request; to provide a copy of the radio interview. The witches said no.

MORE ZOOMING

Editor: This is a follow up from last issue's reader who wrote about his first second gate *dreaming* success ("Zooming at the Second Gate").

My second and third attempts at second gate *dreaming* were a failure. The objects I selected to gaze at would not pull me. Neither did the *dream* change. After that, my *dreaming* volition steadily became weaker and the frequency dropped off to virtually nothing. Weeks went by without any *dreaming*. Instead, I dreamed of wanting to do *dreaming*, sometimes even looking for beds to lie on in my dreams. In waking, I redoubled my efforts to get *dreaming*. One night, I slept for 14 hours in a row. That turned the tide and I got my second success in second gate *dreaming*.

I was having an ordinary dream about walking in a market place in France. I was looking at some croissants and pastries in an open air market, and suddenly I realized I was *dreaming*. I was very excited, it had been a long time. I greedily looked at every object I could find on that French street, and I took in a heavy dose of looking at my hands between glances. I've learned to look soundly at my hands until I feel a tug. I think of it as "zooming to oneself".

After a minute or so, I noticed that the street was strangely absent of dream phantoms. I took that as a sign that I had a chance to succeed with second gate *dreaming*. I looked around for something distant to zoom over to. There were tall buildings all around me and I couldn't find anything suitable to select. Out of the corner of my eye I caught movement, and turned my head just in time to see some buildings move over to reveal the mountains of my childhood. I thought that was funny, my *dream* was helping me out, knowing my preference for large boulders.

I quickly found a suitable boulder on the mountain, about 3 miles away. The boulder was surrounded with bright green vegetation. This time, I had to gaze for less than 2 seconds. I was instantly pulled, at an incredible speed, straight towards the boulder. I was surprised to hear the same gear driven whizzing sound I had heard in my first attempt. I had just enough time while zooming to worry about landing face first on the boulder, but I automatically overshot it and landed further to the side on the mountain. As I passed it, I deliberately intensified my gaze on the boulder to see if that would make me land right on it, but it didn't have any effect.

Landing, I immediately gazed at my hands to consolidate myself. I felt a big difference, and the light in the dream became more sunny. I then engaged in looking at objects on that mountain, my real intent to wait a bit and try to zoom a second time.

My second zoom proceeded as successfully as the first. Halfway through the process I got the idea to drop my gaze and see if the zoom would finish itself anyway. But I was too greedy for success to give it a try. When I landed, I decided to immediately try for a third one.

I gazed at another object, but instead of zooming over to it, the *dream* started to end. I quickly switched my gaze to my hands, staring until I felt a tug. Instead of ending, the *dream* stabilized. I walked around and looked at objects until I felt fully consolidated. Then I selected a building back in the French town. I gazed, it pulled me, but this time, when I landed, I forget that I was *dreaming*. I zoomed right back into an ordinary dream. An argument with some dream phantoms on a muddy street engaged all of my attention.

This second success did not help my *dreaming* frequency. It remained low. My next *dreaming* session took place weeks later. In that session, I successfully *dreamed* five times that evening (or morning), but my attempts to zoom failed. I was able to dream so many times because of my old standby trick: I refused to wake up when I ran out of energy and would stubbornly stay motionless, pretending to be still asleep and inside the same dream.

On one of my attempts to zoom in that *dreaming* session, I got a clear sensation of a *dream* change as a result of my gaze. The object I was gazing at changed into something else, in a clean transition. It reminded me of that Star Trek episode in the old western town where Kirk and gang are forced to fight it out at the OK corral. In that episode, they

are looking at a clock and one of them says, "we'll we're just not going to move from this spot!" But the clock changes into something outside and they find themselves at the OK corral. The transition was like that, a sudden change of context, with an object as the focal point. And yet, if asked, I couldn't say how the *dream* was different afterwards, only that the transition was clean. The object, a window on a building, changed into a box of soap.

My next *dreaming* session was a week later. I had gotten some disturbing news and it had put me into an odd mood. I was sleepy, despite having slept for 10 hours and only been up for 3. I ate some Camarones ala Diabla, but it didn't help my mood. I went home to lie down, with my eyes closed. Several hours later I noticed that I could see my feet. I thought that was a funny change from looking for my hands, so I started stomping along on what seemed to be a vague sidewalk. That got me into full *dreaming*. I now believe that stomping could be a humorous (but very effective) substitute for finding one's hands.

This session was notable because I got the answer to the question of what happens when you drop your gaze during zooming. My first attempt to zoom failed. I seemed to be wishy washy, and right in the middle of gazing I decided that I hadn't picked the right object. I switched my gaze to something else. The result was a *dream* change, instead of a zoom. But I was still in the same general area, so I picked another object: a patch of grass on a hillside, behind a wire fence. I couldn't see what was on that hill, but I liked the greenness of the grass.

I was pulled within about 6 seconds. I heard the same zooming sound, and this time I felt it was a friend. I remembered that I was wondering what happens when you drop your gaze. But I wasn't going to try it. I worried that I might end up in some realm I couldn't handle.

The distance to the object I had picked was only a mile, and the zoom seemed to be taking longer than usual. Several seconds had elapsed. I noticed that I couldn't see the object anymore. I sensed that I was looking down, instead of towards the object, but my eyes were suddenly stuck shut. I strained to lift my head or open my eyes. Both took a great effort, as if a wind had them pinned down. Even after looking up, I couldn't see the object. I realized that my question was going to be answered. I had a pang of fear as I wondered if I might zoom to the inorganic beings realm. The zoom veered to the right, compounding my fears. I landed, feet down, skidding on a smooth, slimy surface. I still couldn't get my eyes open when I landed. I forced them open. I was looking at my bedroom, but only with my right eye! The left one was still seeing the *dream*! I closed and reopened both eyes, and I was back in the *dream*. The slimy surface turned out to be the grass I had seen. I noticed that there had been a fence in the way of the grass and wondered if that explained the curve to the right in my zoom path. That *dreaming* session lasted a long time, but dream phantoms prevented more zooming.

One thing that has surprised me is that being at the second gate does not require daily *dreaming*. My *dreaming* frequency, now only once every two weeks, does not seem to interfere with picking up right back where I left off. I believe that my *dreaming* frequency went down because I moved on to the second gate too quickly. I was just beginning to get regular *dreaming* when I decided to move on, and probably should have waited a few months longer.

One positive result of second gate *dreaming* is easy to understand when you experience it, but hard to explain. There is something very real and concrete about zooming. Looking for one's hands, although difficult, feels like a nearly normal dream activity. Likewise, flying, walking through walls, controlling things in dreams with "magic" powers, all fall into the realm of a "normal" dream activity. They vary, don't always behave according to our expectations, and otherwise are something that feels like it's part of a dream. Zooming is different. It feels like something concrete, predictable, *real*. It feels like it's not dependent on one's own imagination, that it exists as surely as gravity and wind. The result is a strange sort of excitement or anticipation that makes one feel that one is exploring a real place, and not just messing around with one's subconscious. I recommend that anyone with doubts about Carlos or his works struggle very hard to reach the second gate. That will remove a lot of your doubts.

Source: Withheld.

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ALOHA FROM HAWAII!

Before we received these lecture notes on the Maui workshop, we received a letter from one of our favorite sources explaining the reason for the lack of hair in strategic places on the sorcerers of don Juan's line. We certainly had no problem accepting the claim, but it's not the type of thing you would want to tell your friends who were just beginning to take an interest in Nagualism. That reader was commenting on issue #4, where another reader was asking about "youthful appearances":

Youthful appearance? "Youth" is only an outer reflection, something the viewer perceives. Re-read Taisha. But why do you want to get an idea of what they look like? To pin them down? I heard this rumor that Carlos has trouble because of so many people speaking out his name. Only his name, mind you! And that's the reason why he - and the witches too - have very short hair. Oops. Now you have me revealing something. But I don't tell you this to give the impression of the Navigator looking like a hedgehog you can grab. Remember the ape and let go of your imaginations - you don't want to hurt yourself grabbing a hedgehog, do you? They have their hair cut short because our hair is like an antennae, an "antennae for social shit", as they say. They can smell this. People are getting pulled at their hair by society and the social order, and are finally pinned down. And they stink of social shit. Ladies too. So maybe it's time for the barber...

This topic hasn't come up in any previous lecture notes, but it is verified in these Maui lecture notes which we are pleased to present.

Aloha from Hawaii!!

...It's great to see so many people with the courage to go it alone. I have a few notes that hopefully will clarify some issues/questions from the newsletter.

The Maui workshop went much like all the others I've read about in NNL. There were some points stressed in Maui though that have gotten little attention in NNL. In Maui the recap received the most emphasis, with one small difference. The notes from other workshops have little to say about finding the pattern of our lives. People are very boring, repeating the same patterns over and over in every situation. The most complex people will have at the most only three different patterns. Most of us have only one. Finding the theme

through recapping is essential to increasing our energy. If we can find the one thing that we do repeatedly, then stop doing it, our energy for intending sky rockets. For example the pattern I notice most is the need for others' approval. We go through all sorts of maneuvering to get rewards from others. These maneuvers require untold amounts of energy and can sap us of the little we have. We all want to be important in some way and will manipulate others to reward us with their love, respect, sex, etc. If we could just stop repeating this our energy would be freed for intending.

DJ and friends are stuck in the second attention. A critical mass is required to intend them out. That is why CC and the witches began the workshops. The more people working for freedom, the more energy for CC to tap into and free DJ.

With regard to sex - Good news - it's not all bad. When asked if married couples should stop having sex the answer was no with a condition. It seems sex is only bad if there are strings attached. What drains us of energy is using sex as a way to gain something else like self worth or sense of belonging. Sex must be totally unconditional - no secondary gains. Cannot want anything from your partner and use sex as a method of receiving it. Sounds easy right? Wrong! Must examine sexual motives very carefully. It's easy to get trapped by that three thousand headed monster.

Did any else notice the length of the witches hair? In Maui it was short. I mean very short. Their explanation was that hair is like a web that traps and holds past crystallizations of energy. When we cut off our hair, we cut ourselves off from those vibrations. Before you all run to the local salon you should know that much more energy is held in your memories, so recap first. All other energy must be freed before the hair becomes important. The witches are wanting to free every last bit of energy from their past. Hair length didn't come up until much after the recap. Remember, "If you want to chop down a tree, you don't start with the leaves."

Just some personal notes.

The finishing breath done after you've retrieved your energy from an event is to cut yourself off from the thing being recapped. Energy flows on the breath, and when you sweep the scene without breathing it's a way

of saying "No More! I will not accept or give energy to this anymore."

Seeking reward is the major energy drain. Doing things for personal gain is a mistake. Must do things because that's what *intent* directs, not so you can feel important. Must be very careful with self importance. It is ruthless, cunning, patient, and sweet. It will trip you at every step. Even an accomplished warrior like la Gorda was not immune to its power. Must not be attached to outcomes or rewards. To find ultimate freedom one must also let go of the desire for freedom. Otherwise you will be enslaved by your desire. Freedom is a reward also. I'm sure there are those out there who, way in the back of their minds, feel superior because they're on the path, judging those with less energy. Must act in the eyes of death. You have a very small chance of escaping death. How many of you want freedom because you fear death? How many want spirit to bless them with freedom? You MUST let go of the reward to make it. Please examine all your motives carefully. Self importance is tricky and it loves rewards. CC went through years of frustration before challenging self importance. Can you really expect to skip right to *dreaming* and handling *intent*, without handling your own tonal first? Please do not try to go too fast. Must perfect the tonal before witnessing the Nagual.

Source: Hawaii

Editor: This reader also mentioned Dr. Wayne Dyers new tape series "Freedom Through Higher Awareness" in which he talks about Florida's book *Being-in-Dreaming* and gives some new perspectives on Freedom.

Besides this input from Maui, we also received a letter from someone who spoke with the organizer of the Maui lecture. This reader stated that the organizer of that lecture reported that the members of Carlos' group were exactly as one would expect them to be, they gave every indication of living the life they described.

Another Maui lecture!

In issue #46 of *Magical Blend* you will find an advertisement for the next lecture, to be held in Maui. The lecture will concentrate on teaching the Tensegrity movements, using people taught by Dr. Castaneda (as they named him in the ad). The lecture will be March 24-26, 1995. You can make arrangements by calling Axiom presentations at:

1-800-76 AXIOM (U.S.A only) or
(808) 572-2733 (direct number)

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LIFE IS LIKE A CHEESE BALL

In *The Fire From Within*, in the chapter entitled *The Assemblage Point*, don Juan drew Carlos a diagram of a ball of jack cheese, using it to illustrate the form of human beings when seen. Thanks to a reader, we now have a chance to see how that diagram looked. This reader wrote:

Hello NNL:

A couple of days ago, I just found the notes containing the diagram of the luminous being exactly as drawn by Carlos Castaneda in 1983 at Cal-State Univ. Los Angeles, mentioned in issue #4, "Encounter With Carlos".

I would've sent it to you earlier, but I couldn't find it.

It may be of interest to the staff and readers of NNL so please feel free to publish it if you wish...

Source: Los Angeles, CA

Editor: Here are the captions for those of you still without a magnifying glass:

"Emanations that fall within luminous shell. Dot is assemblage point. Glow of awareness surrounds assemblage point. Man's band of awareness."

"The luminous egg is a ball of cheese with a darker disk of cheese in the center. Disk is man's band of awareness."

"Egg surface. A shift into the interior of band."

"This is the assemblage point lighting emanations one at a time across the interior of luminous egg."

"When assemblage point shifts inward a concavity is formed. If the shift is great, a large depression is formed in man's band of awareness."

"When assemblage point streaks across the interior and lights all emanations at once, it diffuses the outer shell and inside emanations extend to outside ones producing the Fire From Within and fusing to emanations at large."

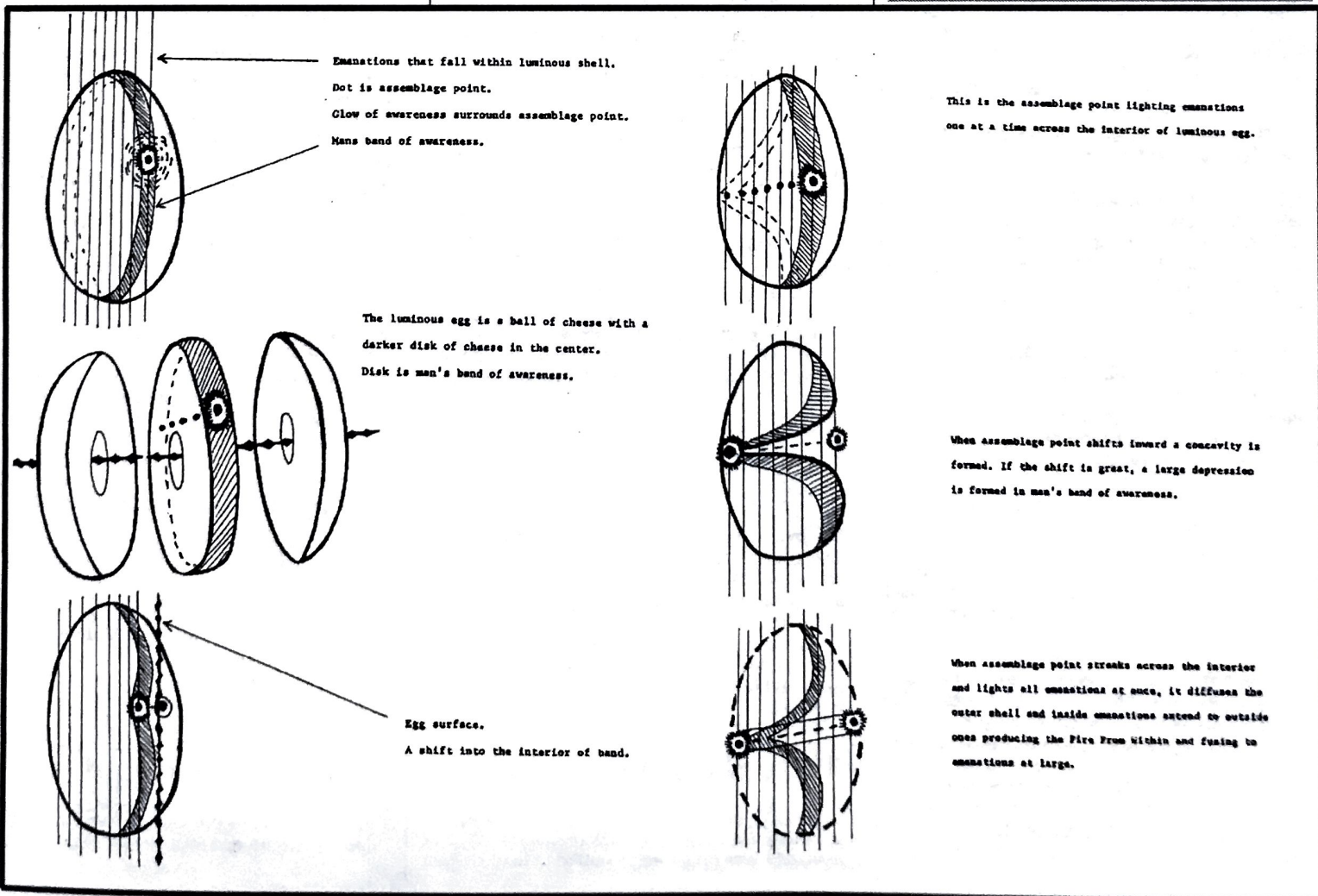
Tensegrity video!

The Tensegrity video, made by Carlos' group (which we have been calling the "sorcery pass video"), is now available for \$24.95 from:

Elemental Films
P.O. Box 48560
Los Angeles, Ca.
90048

(800)-490-3020

The video tape is not yet available to anyone outside the United States, not even to Canada. Please don't write in and ask us to buy you a copy and send it, we won't do that. It will also be available in Maui.



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DREAMING EXPERIENCES

Hairy troubles.

... Things are getting strange... I wasn't doing much dreaming after the bout with my hairy-armed friend ["Yikes was that fun", issue 2]. He was bobbing in my dreams now and then, I still craved the physical sensation of his presence.

One day I realized I had a broken rib and I thought, "how strange", considering I couldn't remember falling. It got worse for a couple of days until the point I could barely bend down or walk. I had to take a pain pill to go to work. I went to a chiropractor and he couldn't find anything wrong with me. Then that night I fell asleep and found myself wrestling with "guess who". Then I realized (in the middle of excruciating pain) that the Magila Gorilla might have given me the broken rib without my recollection. Anyway, I told him I couldn't play any more, he was too rough. He came back a week later and I said no way, no play.

That was it for a couple of weeks until he came this time and it was just him from the shoulder up. He had a peaceful face and this warm green glow started to fill the room. It was so peaceful and felt so good that I opened my eyes and woke up. The dream was still there (was this dreaming-awake?). Then I really woke-up and that was it...

Source: Laytonville, CA

Editor: This reader went on to explain how his wife, worrying that he was going insane, topped his recapitulation structure (with him in it), tore up his copy of NNL issue #3, and threatened to expose his activities to his friends. He wants advice.

I can see how your wife would be concerned if your bouts with the hairy armed gorilla happen while she's in bed with you. Especially since you're waking up with major injuries. But this kind of violence and threatening is not a good situation for either of you.

I sure hope you didn't recapitulate her already. One of the witches suggested putting a spouse off till last, to avoid trouble. I've seen a case of physical violence clearly triggered by recapitulating a spouse early on and wondered to myself at the time if that was what the witches were thinking about.

It is said that Carlos didn't want to have anything to do with *The Art of Dreaming*. The women talked him into publishing it. Since it was his first work that came close to an instructional manual, we're left to wonder if the instructional value of the book was the reason for his concern. It certainly wasn't because the book was unbelievable, all of his books suffer from that problem.

In issue #1, we expressed our concern about the results of the practice of Nagualism. The more I learn myself, the more I wonder why people do it. Experiences like yours are not uncommon. Dizziness, excruciating pain, fear of heart attack, fear of going insane, attacks of muteness, and conflict in relationships are all too normal. If I were married, and my spouse was not interested in the practices herself, or if I had children, I'd take a gentler approach to it all in order to avoid family problems. Seeing what Carlos said about Michael Harner, I'd probably switch to his approach for a while. He emphasizes healing and safety. It's true that his goal isn't the same, but he does claim to teach how to go directly into a dream from waking.

Many readers have expressed a feeling of community that they got from being a part of the newsletter. But don't let that lapse into a false sense of security. Just as you wouldn't be able to bail any of us out if we get into trouble, no one here is in the position to help any of the readers if they get into trouble. Be careful.

Pinky pointing.

About a year ago was my last spontaneous lucid dream. Of course I looked at my hands first, did some movement experiments, and then went flying up through the ceiling to get outside. Next I landed in a field with some people milling about. A very bizarre looking individual walked on the scene and was making gestures at me. Pointing my right pinky I said, "I will see. Nothing happened..." so I started repeating "I will see" and stuff to that effect. Instead of the person there was a luminous egg lying on its side. Fibers ran from a central spindle to the edge of the shell. The color was dull blue and all of the fibers seemed to be of identical length, despite the different diameters of the shell. I saw it for a few moments and then approached it. The egg scurried away, shrinking into the distance. I then tried seeing the other people and plants around. They just dissolved into blotches of color.

A few months later I decided that I needed to learn how to intend *dreaming* in order to do it on a weekly basis. That took about 3 days...

Source: Bowling Green, KY

Editor: This reader reported that his initial *dreaming* time was between 30 seconds and 2 minutes, but now he's learned to extend it. He also encounters what he interprets to be scouts quite frequently. Other readers who are trying to intend *dreaming* should be aware that most readers spend years (sometimes decades) trying to achieve a weekly rate. Three days is quite unusual.

More pinky pointing...

... I was standing in my elementary school playground when I realized I was *dreaming*. When I realized I was *dreaming*, I started to float straight

up very quickly. This happens when I'm going to wake up. I looked down and saw an old couple sitting near a slide. I fixated on them and pulled myself back into the *dream*. It took a monumental effort to do that. Once I touched the ground everything was OK. I glanced at the couple and then decided to explore the dreamscape. I started off to the right when I saw a man floating in the air. I pointed at him with my right pinky finger but nothing happened. Disappointed, I walked toward my old kindergarten entrance. Kids were all over, but I didn't pay attention to them. As I came closer to the doors, I saw some odd pipes on the wall. They attracted my attention. In-between the pipes was a weird flexible wire. I examined it and was very impressed by the clarity and detail of it. I fixated on the wire for too long and lost the *dream*.

That *dream* is important because it is an example of the use of information that I shouldn't have. Namely, pointing with my pinky finger. I had no intention of doing it and actually forget about that part of *The Art of Dreaming*...

Source: Pontiac MI

Editor: This reader related a few other pinky pointing incidents. This obsession seems to be male oriented, and I have to confess to having pointed my own a few times. And I couldn't get it to work either.

Carlos discussed this in the interview in this issue. It's nearly impossible to be at the 3rd gate without being able to shut off your internal dialogue, which means you ought to be able to see on demand. Until then, we need to keep those pinkies in their holsters. Involuntary pinky pointing might be a sign of low volition.

This reader also mentioned having a slightly used Novadreamer for sale. That made three negative Novadreamer letters. After I saw that, I realized that the readership was trying to reward my own anti-Novadreamer obsession. I was even falling for it, getting a tiny rush of victory feeling with each negative submission. Thanks, but that's enough for now. To make amends, I located the following letter from someone who doesn't mind wearing strange contraptions:

Novadreamer and Women's clothing.

Useful techniques for learning to set-up *dreaming* are available through the Lucidity Institute, founded by Stephen LaBerge - you probably already are aware of it.

I dress as a woman and venture out - adopting a new persona - an excellent means of stalking oneself and very entertaining.

Short story to come.

Source: Bellingham, WA

Editor: Don Juan did call women's clothing a "door to heightened awareness" for some men.

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The World closed in.

... When I was very young, 3 or 4 yrs. old, I can remember something that occurred quite frequently at night before I would fall asleep.

While lying in bed with my eyes closed, on the verge of sleep, I would see a milky translucent white blanket of light filling up my field of vision. As I recall, it gave me a sense of peace and safety. Then out of nowhere would come these lumps of blackness. They would collect and form like blobs of clay over the translucent white serenity. It was scary, because I could also *feel* those blobs of blackness taking up space. I would cry out and sometimes scream for my mother. For a long period (about a year) of time, or what seemed long, I was terrified to go to sleep at night. My mother would rock me to sleep in her arms or read to me till I dozed off. Eventually the light faded as I got older and all I saw on the backdrop of my eyes was blackness...

Source: R.D. Sheridan, OR

Misbehaving hands.

... When I finally found my hands in a dream, the buggers took off racing around & around my bed, me chasing them in pursuit. Same thing next night. It was exasperating.

While exploring lucid dreams, my senses became very acute for about 3 weeks. Once I bent down to check some black ice by touch. I was amazed how cold, smooth, & slick with wetness it was, so exactly like ice. And when I consciously placed my attention more keenly on those impossible sensations, that reality became intensely real. That incident unnerved me a little.

Once I awoke, floating in a vast gray void, without any landmarks, body, or ground. I realized I was dreaming and was overjoyed to be aware that I could do anything I chose. Suddenly I was thrown into an attacking car scene, grabbed a pole and smashed the windshield. I awoke pissed I lost out.

Once in meditation I tried projecting (strobing) my attention quickly around my energy-body space. Like another writer, I got a jolt of electrical current (never mind the "recapitulating").

Using an eye-sound device, I had an uncanny scene just before having a seizure. Gazing down slightly, I saw a soft wall with three tube entrances in it (left, center, right) of an organic like material (artery membrane perhaps?) When I moved my head back & forth, it did not move at all.

Source: Seattle, WA

GET OUT!

... I was sitting on a public transit admiring a pretty girl sitting across from me. A strange but compelling man lurched into the scene and sat down beside her. I recall feeling that if he were to begin to harass the girl in any way, I'd have to step in and deal with him. I wasn't afraid. I rarely fear in dreams. But then he looked me straight in the eyes with an intensity I can remember vividly, and then lunged right at me, screaming in a voice that can only exist in dreaming, "GET OUT!"... Well,

damned if he didn't just push me right out of my own dream. One moment this crazed freak was lunging at me, the next I was wide awake! ... I tried to jump back in and give chase, but as usual went obliviously off on some other bizarre tangent...

Source: Surrey, BC

Tap on the shoulder.

... In the middle of normal dreaming, something flew from behind me and rapped me on the left shoulder as it flew past. The whack had both a physical feel and an electric zap to it. As the entity moved into my area of vision, I saw it as a tumbling female in black tights who came to rest in front of me with one leg down and the other straight up... I woke up certain I had encountered the projection of an inorganic being...

Source: Source Withheld by request

A prophetic dream?

... The same night that I received all four issues and briefly scanned them, I had an incredible dream about reading the newsletters. They were very large and standing on end (sort of like grave-stones) and I was walking around reading them. NOTE: I had not yet read your request to *dream* the newsletter, but must have picked up on the *intent*. I then noticed two light balls on top of my feet. I began to feel panic and tried to kick them off with no success. They clung to my feet and then started going up my legs. I let out a scream and woke up. It wasn't till morning, however, that I wondered if they were scouts...

Source: Olympia, WA

Editor: This reader also dreamed about a workshop where the witches performed a healing. And one is described in this issue.

The Black Dimension.

... After recapitulating my dream life, I realized that I have gone through the first four gates of *dreaming*, yet I never knew it. I have also been taken into another dimension, the Black Dimension, by Black Beings who came to me in the middle of the night whispering, "We are teaching you the mysteries of the Power of the Universe. Don't tell anyone." Well, I was so afraid that they were demons that I did tell a few people, one who tried to depose/exorcise me. Now I realize that the only power I have in the spirit is the power I cultivate by letting go & recapitulating...

Source: Santa Fe, NM

Twin Positions.

When I read Marilyn's article a couple of months ago, I became filled with the apprehension that usually accompanies being re-introduced into the "real" world around me - the magic world. That night I had a *dream* (I knew it was going to be a "good" one, I felt my *dream* attention come to the surface, somehow). I woke up in the *dream*, and started looking around at the people there. I re-

membered from *The Art of Dreaming*, how allies sometimes take on the appearance of a family member or in-animate object, and how "real" things in *dreams* generate energy when you gaze at them. As soon as I realized that thought, all the "people" in the *dream* disappeared. I started walking around - looking. After a while of gazing at my hands, and trees, and the street & such, I walked by a tree and noticed it had a head growing out of it. I knew that wasn't normal so I addressed the head. It started to flow, a greenish color, and it said something. I couldn't understand it, so I said, "what are you saying? Who are you?" I couldn't communicate with it. After a while I left as I felt my attention was fading. I started walking down the street again. It was wet with new-rain and it looked like dawn approaching. At that time I remembered you (editor) writing about your attempt to go to sleep in your *dream* in the same position as your physical body - so I lay down on the street on my back (I always sleep on my back) and tried to go to sleep. I was amazed at how easy it was to enter into "another" *dream* state in my *dream* - it was instantaneous! As soon as I started falling asleep I felt something pushing my body up on the right side and on the left - almost as if it were trying to push me over (flip me over to face another direction??) Every time I started to sleep, it started to do that. Since it was a new sensation, I believe I was not that comfortable with it, so I got up in my *dream*. And I woke up in my bed. The sun was just coming up, and it had rained outside...

Source: Atl. Bch., FL

Editor: Carlos is a pretty nice guy sometimes. He puts these mini-challenges, such as the one about the twin positions, in his lectures to give everyone a feeling of inclusion. It's like you're suddenly a real apprentice or something. In this issue, we have a lecture where he encouraged participants to learn to shut off their internal dialogue enough to *see*, and next year he'd come back and "talk shop".

Can't tell if dreaming.

... let me recount one of my most puzzling experiences... The problem seems to be not that I have trouble in being aware in dreaming, but that my dreaming so often exactly matches my surroundings that I am aware and dreaming while convinced that I am awake. One experience that brought this to my attention very clearly was an incident that happened while in Romania recently. I was in bed awake or asleep, I cannot decide which. This was after having been very impressed by a troupe of acrobats at a circus that night. I believe that this particular act had loosened up my assemblage point, what they had done in the latter part of their act was nigh on impossible and there is nothing like witnessing a few impossible acts before bed to encourage *dreaming*...

Source: Surrey, UK

Editor: The rest of this story, like a lot of others, got crowded out by lecture notes. I've had this kind of dream too, and it's certainly not *dreaming* or *dreaming*. Maybe it's *dreaming* awake.

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THE THRESHOLD OF SEEING

When it comes to self importance, you have to watch yourself at every turn. At the newsletter, we'd turned into lecture note collectors, hoping for a complete collection. I can't imagine what kind of ego satisfaction that gave us, but it certainly was there. Thus we were quite pleased when we finally received notes on the Maui lecture. My own feeling was that we'd successfully covered the lecture series. In the back of my mind I had mentally kept track of all events mentioned so far. While we couldn't get permission to share the 2 radio interviews (one with Taisha and one with Florinda) we at least had gotten the notes. That left only the lecture at the Sony building, and the TV interview in Sedona.

I couldn't have been more wrong! We held up this issue waiting for a couple of things, one being the information from Marilyn. In the meantime, some surprising facts surfaced.

Another reader sent in a transcript of the radio interview with Taisha, saying "I know you already have this, but something told me to send it anyway. Wouldn't it be a trip if it turned out to be a different radio interview?" Well darned if it didn't! Considering how obscure radio interviews can be, who knows how many of them have been done by the witches. The unique thing about this particular interview was that it was designed to be for someone with absolutely no knowledge about this topic. It almost seemed like Taisha was trying to interest people who had never read any of Carlos' books.

Then a reader reported that Carlos had done a TV interview in Italy. None of our Italian readers had seen it, so we couldn't get any more info. But one reader from Verona, Italy reported that he had found out about a 1993 lecture from an advertisement in *Shaman's Drum* magazine. Another reader from Spain reported (in Spanish) that the sorcery passes had been taught there. I believe he called them "ten-seguridad".

It seems that Carlos and the Witches have quite a random plan, involving impromptu meetings and lectures and interviews throughout all kinds of media, world wide. Remember their cryptic remarks about the difficulties spreading the word in South America? One reader expressed exasperation at it all, stating that perhaps they were

trying to dissipate interest by all this randomness. I see it as quite the opposite. They are truly trying to build momentum with a shotgun approach. Spray the seeds all over, and a few might take root. Plant them all in one place and you risk rot.

In the last few days before publication, we received these wonderful notes detailing a secretive meeting with Carlos and a group of about 100.

Dec 3rd 1994, Sunnyvale CA...

I listened to the lecture without taking notes. Then later as I drove home, I wrote as much as I could down.

First, CC is short and homely (don Juan's description). I didn't know which person was CC until everyone sat down. The lecture was humorous, and of course riveting. Instead of pre-written notes, he went on a question and answer system.

First question, "What happens at death?"

"I have spent my whole life preparing for that moment.

"Everything that you and I can talk about is conjecture. No one has experienced it and is able to talk about it.

"We are bound by the syntax of language.

"Language cannot describe *seeing*, so we do not even know it exists.

"Don Juan's primary goal was internal silence.

"Each person has a personal threshold to *see*. 15 minutes, 6 hours - whatever. Build your internal silence to reach that threshold.

"You can work on that threshold 1 second at a time - relentlessly everyday. Then you will *see*.

"We are bound by the syntax of language. Once we stop the internal dialogue we are not bound by syntax - our awareness is open to the perceptions of infinity.

"My personal time limit was 6 seconds. Then a voice would start talking.

"Then one day, while out walking at UCLA, I saw lines of energy imposed on everything. I

realized that I had always *seen* them, but had ignored them.

"By stopping the internal dialogue you allow the world to collapse. Then you can *see*.

"Internal dialogue supports and reinforces the world as we live it. If we stop talking to ourselves, we are able to perceive without influence of the ME, self importance.

"If you stop your internal dialogue, collapse the world and then *see*, then when I come back next year we will be able to talk shop.

These comments were heavily influenced with wise cracking jokes especially about:

"Don't deify me. I don't want to be your guru.

"Don't deify anyone. Don Juan tore down everyone, even Jesus, and I liked Jesus.

"He especially tore down my self importance. He asked me what were my bad points. As I pondered the question, he said, "How about, you're short and homely?"

"Don Juan said there were 3 types of people on earth:

1. **A Piss.** Warm and feels good but doesn't quench your thirst.
2. **A Fart.** "I'm bigger and better than you."
3. **A Puke.** "I will if you beg me."

"Don Juan called me, "Mr. Nightmare". I was a FART.

"The spirit forced me on don Juan. He had to be at his very best with me because I was so bad.

"Don Juan had to brace himself when he saw me coming.

"We would rather be miserable than to change and be inconvenienced.

"Don Juan asked, "What do you want out of life?" Carlos related how he made a perplexed face to which don Juan responded, "Oh! You poor baby!"

"Sorcery gives you the opportunity to choose beyond life.

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"What do you want? Retirement? Don't buy into it. It is a boring, preset, structured end of life.

"I hate to fish. I don't want to retire to Montana or Idaho and go fishing.

"I want to navigate infinity, to perceive infinity.

"Don't buy retirement, the perceptions of infinity are an inconceivable choice.

(From audience:) "Is the second attention unique for each person?"

"No, it is the same for all of us."

(From audience:) "The left side seems very dangerous. What protects us?"

"Yes, it is very dangerous. The discipline of stopping the internal dialogue protects you, not only on the left side, but also here on the right side. There is an incredible amount of traffic from the left side to the right side. Inorganic beings feed on our awareness, leaving only enough for maintaining our self importance.

"The Dali Lama was in Mexico at the pyramids for a gigantic gathering. One of his assistants (local) was taking photos with a motor drive camera, and a center photo in a group of 3 had an object flying through the air that was not in the other frames. I had heard of these things, but had never seen one. They are 'fliers' and were there to feed on awareness.

"CC, FDG, CT, TA are all equals at navigating the left side.

"Since it isn't possible to talk about it they go to movies and talk about them."

(From audience:) "What brings joy to the Navigator?"

"Navigating."

"Internal silence is the only way to venture into the left side.

"When on the left side, our perception/awareness increases and expands."

(From audience:) "I was at the 3rd gate of dreaming..."

"NO! It would be nearly impossible without internal silence. Stop your internal dialogue and you will get there."

(From audience:) "Do we need power plants?"

"NO! Absolutely not. I was raised to be exactly like my grandfather. My assemblage point was inflexible and needed power plants to move it. You don't."

The audience brought up the subject of healing. There appeared to be a distinction between medical healing, -fixing symptoms, and energetic healing.

CC described a concept of groves of perception and the idea that one can change perception by changing grooves. Healing could only occur if one could change grooves. To be able to heal you must also be able to change grooves.

CC nearly died 3 times, but each time when near to death his body was forced to change grooves, thereby healing itself. The body was stronger with each change of groove.

Tensegrity or sorcery passes:

"We must be in good physical shape.

"Tensegrity - the word is related to architecture.

"This is a system of exercises related to the glandular system which will strengthen and awaken that system.

"The glandular system is unused - It wakes up the glands.

"The womb is like another brain in that when you *see* the womb, the energy flowing from there is the same energy flow as that from the brain."

(From audience:) "Can we change the world?"

"Instead of wanting for ME, intend internal silence for ME. That would really change the world.

"We have no control over anything in life. We pretend we're in control."

POEM (a rough version)"

We are standing on the heart of the earth - in a ray of sunshine and suddenly it is night.

"The other sorcerers are all doing fine living good lives, but would not follow me. When I was taking over I told them they would have to go to school and study "heavy text". They refused. Heavy text trains the mind and allows internal silence easier.

"I am a super pragmatist."

(From audience:) "How do you burn from within?"

"If I knew, would I be standing here?" (joking)
"Don Juan burned with an incredible implosion of energy as he held his awareness in his hands. Then he took off like a bullet."

(A very dramatic revelation at the end:)

"A while ago my emissary, or voice of *seeing*, stopped. This is after 35 years. Now I'm navigating alone, without a guide. This is alright (appeared most disturbed). Imagine, I never said thank you. So now I talk to pay back some of this incredible gift. To say thank you." (In a flash he went from nearly a tear in his eye to a broad smile).

He then casually mentioned he needed to use the restroom in a very humble manner. And before anyone could say thank you - or clap - he was whisked out the back door. 'Poof.'

Carlos left quickly with a small entourage of which two were very youthful energetic people, 25 to 35 years old, who I understand may be in the Tensegrity video.

The lecture was approximately 2 1/4 hours long. About 100 people attended. And it was very secretive.

Source: Withheld

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CARETAKER'S CLOSET

A collection of strange objects.

Rather than leave out any reader comments that apply to Nagualism, we have created this column as a storehouse of whatever you find out there and care to send in.

Mocho revealed.

... That 110 year old shaman you mention [Issue #3, page 24] is probably Don José Matsuwa, the famous Mara'akame of the Huichol. Rick Yensen, a Baltimore psychiatrist who studied in one of C.C.'s classes in the early 70s, told me once, that C.C. knew Matsuwa. He even appears in *The Teachings of Don Juan*, as peyote-leader "mocho"; it is described that "mocho" lost the fingers of both hands, and the same applies to Matsuwa. Because of this, I can imagine that Matsuwa and Don Juan were friends (sorcerer friends): they both have the same peculiar sense of humor.

Rich also told me that C.C. had contact with Maria Sabina, the famous Mazatec healer, who gave the secret of the magic mushrooms to Gordon Wasson and the entire West. In the early 70s, Rich Yensen was introduced to that woman by C.C. and by his friend Salvador Roquet, a Mexican psychiatrist who worked with different shamans and healers throughout Mexico. By the way, Roquet was the founder of the so-called "Shamanistic Therapy" and according to Rich Yensen he was a close friend of Carlos. But all this doesn't imply that Nagualism and those lineages of Shamanism are the same thing; they are not...

Source: Withheld

Editor: Yep, that was the guy. I avoided printing his name because I hate to look up the special typesetting characters for things like é and á. But now you forced me into it, so the cat's out of the bag. There's an article on Maria Sabina in *Psychedelic Illuminations* magazine issue #6, which I mentioned last month because of Runyan Wilde's column focusing on Nagualism. We thought about taking out an ad next to his article in issue #7, but I worried that we'd end up with a lot of bell-shaped readers.

This reader confirmed that the blue scout had grown up and graduated, but I think that was covered in previous issues. A lot of input comes in after an issue is full, and readers should know that we usually fill up an issue 1 month before it's sent out. This reader also reported:

Someone who is very close to Carlos lately reported that he's very unhappy about the strange "recapitulation" boom. He was talking about all

of those support groups and people who meet in restaurants or similar places to discuss their past lives and call it "recapitulation". That's not recapitulation, that's insanity. Carlos tolerates everything, but not insanity.

Last issue a reader reported doing a recapitulation as part of an uncrossing ritual. That didn't sound right at the time, maybe it's what Carlos was talking about.

This concern of Carlos adds fuel to something I was wondering about myself; if the sorcerer's intent can be diluted. I can't imagine Carlos caring about insanity unless it impinged on his own path.

The newsletter reaches the North Pole.

... In answer to your question re: aggressive distribution of NNL vs. low profile, my view is that intent, or the spirit, takes care of making the necessary links...

Source: S.G.

Editor: We'd given up on pushing it, readers didn't like the idea. But you sure are right about intent. We have 8 readers from Hawaii now, and I was worrying that we'd never have any. And very often, when a reader asks something or mentions some piece of information he would like to see, we receive it within a week.

The readership includes places as far away as Russia, Singapore, and Australia. Now we even have a reader at the North Pole, so I guess the newsletter had spread far enough.

This reader mentioned that there are translation differences between *El Fuego Interno* (the Spanish version), and *The Fire from Within*. He wonders if Carlos wrote both versions. Now I'm not sure, but I think I read that Carlos writes these in Spanish first. The example of a major translation difference, given by this reader, was: "To get rid of the self-importance that is rotten requires..." being translated into Spanish without the "that is rotten". That would imply that all self-importance should be eliminated. Carlos had a problem spreading the teachings in South America, saying that deeply Catholic people know hardly anything, so maybe he was worried that they might think the rotten kind was when you skipped the Hail Marys the following Sunday.

Another vote against dogma.

...Now, about ritual and dogma: Always, in the books, when something was highly ritualized, it would later be revealed that the ritual was nothing more than a necessary trick to engage our attention on a magical possibility. I don't think any of us should get too worked up about the dimensions of

our crates, or the direction we face, or where the places of power are. Yet, it seems we do need the trick. I think we are in a position analogous to trying to get the placebo effect, while knowing beforehand it's a placebo. To focus on the placebo itself is silly. We need to focus on the effect. The rituals and trappings are seductive to our self importance. We could fight with each other over where the true power spots are, or what kind of crystals are best... or we can extrapolate from the trends in the books and be free of all that from the beginning. If everywhere isn't sacred, we should pretend it is.

Third, I'd like to express my awkwardness about the possible voyeuristic aspect of uncovering details of C.C. and company's journey that aren't covered in the books. I hope it is minimized, as that kind of snoopiness is a distraction to what should be our abstract purpose. Why should we know where the park bench is? Going there with a camera doesn't seem to be in keeping with the Nagual's wishes...

Source: Kettle, KY

Editor: I'm not so sure about that. Certainly, if someone discovered something that shouldn't be revealed in the newsletter we wouldn't print it. But the books are filled with details about locations and surroundings. Why did they do that? Carlos said in one of his introductions that he added detail to give a feeling of the texture of daily life, but many of the accounts seem to go beyond that. For instance, Carlos lived in apartment #8, with a parking lot below, near the university, perhaps on Ashton, with exactly 16 steps leading to a hall by his door, with a door to the outside world. The apartment was a 1 room studio. There was a Tiny Naylor's nearby, and a golf course too. Perry Mason's detective would have had a field day with that much info, if correct. So it's either fiction, or we're supposed to perk up when we see it all. But why did they do it?

We were going to put the park bench story in this issue, but lecture notes prevented it. You would have seen that it was a people story, not a story about a place.

I don't think there are any facts in the books that we can hurt Carlos' party with. In fact, I'm of the opinion that the books, although true, are entirely a trick to hook our interest.

STRANGE STATS.

Out of the outside Nagualist groups which were mentioned in the newsletter, or for which information was sent, two claimed that Genaro was somehow associated with them, three claimed that Carlos was in contact with them (or even their guide), two claimed that a mysterious person, perhaps a member of their group, was secretly "near by" the editor of this newsletter, with the implication of threat in one case, and three claimed that their "benefactor" had received a "sign from the spirit", telling him to establish contact with the newsletter and offer their services. One group even attempted to trick the newsletter with a phony letter, but was too lazy to move to a different postal region to mail it. On a happier note, there were at least three groups which looked quite real, but which did not allow any mention of themselves.

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Small Cyclone.

... DJ said that the world opens its mysterious mouth for all of us at some point in our lives - and we make a decision then either to explain away the occurrence - or else see the event and the world for what it really is - an unfathomable mystery ever unfolding before our eyes incredible events never to be repeated again. My "first" came in the form of a small cyclone of wind. And soon thereafter many other "events" followed - including even me flying across a street! Would a possible future topic be that "first time" when readers made the all important decision of refusing the social index and embracing the great unknown?...

Source: Pittsburgh, PA

Editor: I guess that topic would go under the Spirit heading. We have that column in this issue.

Carlos made a joke?

Carlos says that in order to make this work we need to "work our balls off". I think this is a clever joke. To make any progress as a man, you have to work like mad. Then you discover that sometimes you have experiences and sometimes you don't. You are working so hard, you don't want to waste effort. You eventually discover that you have to give up sex. It's a choice between working hard and wasting your time, or working hard and getting results. So you work your balls off!

Source: UK

Beware the soulsucker.

... I am sure you and your readers understand the impact of Carlos Castaneda's books. They had, and still have, a profound impact on my life and way of thought. I have been practicing for about three years, three great years.

The most profound of my experiences took place with a friend who also is a nagualist, (I really like that term by the way). We were Raving in Flagstaff and we ran into what I call a soulsucker. This man used his ability to *see* and his *intent* in order to take energy from a victim of his choosing.

In our case, he chose my friend. This was very damaging to our friendship, filling it with material arguments. Later on my friend was given a Peyote button by a man he can't remember. Already being on ecstasy (which can be used very effectively for gaining knowledge), one button allowed my friend to *see*.

He perceived a line of energy connecting him to the soulsucker. He then cut the line and I stood between the soulsucker and my friend, preventing a further drain. I would include more details, but my friend will write to you and give you more on this.

This experience strengthened our intent toward our goal. Since then I have seen and hear reports about other soulsuckers. I urge any and every Nagualist to beware of such people and to avoid becoming one. These people seem to be similar in temperament to the ancient sorcerers with their morbid and destructive desires. Receiving energy from the Cosmos, the Sun and the Earth is much more rewarding. Anyway, I would like to have a

subscription to your newsletter. It sounds just like what the readers need, a connecting link. I will write more later...

Source: Tucson, AZ

Editor: Nagualism is pretty weird, but I think there's a good chance your friend and you are eating too many power plants. Either that or you're putting us on.

I remember tripping on LSD many years ago, and being absolutely certain that a garbage dump near a swamp was a site of mass murders that the city deliberately overlooked. From a philosophical viewpoint, it actually made sense. But the spot was just a smelly dump. I thought that I was gaining knowledge, and I was, but it was useless knowledge. Perhaps you should consider that the real soulsucker here is the X.

The return of the weird creatures.

... From issue #1, p. 12, first line of last paragraph; and issue #2, p14, last line on page, both of which refer to aging & Recapitulation: I would like more info & explanation about this. Is the intent to say that recapitulation accelerates aging of the physical body?

In issue #4, p. 9 column 3, paragraph beginning "an animal - like being..." Source wanted to know if others have had experiences with creatures like the ones described. Yes. I saw some very similar, short, not so long, off and on for a period of about two or three years. They looked quite fierce and sounded equally so. The ones I saw could & did shape shift when challenged.

After meeting them a few times, I found out that once they discovered I was not afraid of them and would not be intimidated (I laughed at them), they dropped their menacing behavior and began to display cautious curiosity, and even playfulness, in a manner similar to the way little boys tease little girls.

Source: Alaska (female)

Editor: How strange. I didn't expect any responses to the creature quest. Could they be the witches' "gargoyles" that inhabit the second attention along with the other strange beings?

I believe that Carlos was trying to say the opposite, that recapitulating slows the aging process (you won't age easily). The article on recapitulation from issue #1 was talking about something else. The implication was that you would be a hundred years more mature emotionally. My guess is that you'll end up both looking younger and acting it.

The healer from The Power of Silence?

A reader from Italy sent us some excerpts from a book in French. Here's some text from the title page in case you want to track it down:

Maurice Cocagnac, "Rencontres avec Carlos Castaneda et Pachita la Guerisseuse". Albin Michel's name also appears on that page. The copyright states: Editions Albin Michel S.A., 1991. 22, rue Huyghens, 75014 Paris. ISBN 2-226-05217-8. ISSN 0298-0177.

This reader wrote:

Here I send you an excerpt from a book written by French Dominican Father Maurice Cocagnac. He was with Carlos and friends - Mexican historian Fernando B. (see Carlos' interview by G. Corvalan in *Magical Blend* #15) and wife, in Tula, during the visit reported in *The Eagle's Gift*.

The rest of the book deals with Cocagnac meeting a she-healer named Pachita in Mexico City and then going (on his own) to visit Mitla and Ixtlan. Please focus your attention on the following lines...

(french text)

... Where Cocagnac states the healer told of by Carlos in *The Power of Silence* being Pachita herself. Too, it appears like Carlos debating that topic with don Juan after his conversation with Cocagnac, in January 1976. But wasn't don Juan flown away in 1973?

Source: Florence, Italy

Editor: If it was the same healer, it would mean that don Juan was still around. That's too much to speculate about here.

Did we miss your submission?

Dear Nagualist Editor,

I have a question for you. Contributions to the newsletter seem quite extensive now and many of the people writing in are obviously quite talented. I've had at least 6 direct "scout encounters" (one of them even tried to take me to its world). I could probably write a lot of stories for you guys about my *dreaming*, but should I bother? I realize that my *dreaming* is something that has to be done alone and anything I wrote in would basically just be to inspire others. If I can do some of this stuff then it must not be that difficult. Like I said though with so many talented people writing in do you need any stories from me?...

Source: Bowling, Green, KY

Editor: We never categorize the submissions based on talent or other factors. We're too untalented to tell the difference! But it's true that we receive more than we can print. Usually, a submission ends up being used 2 issues later, if it is going to be used. Lecture notes always get printed immediately. Submissions from female readers also tend to get priority. In the case of this last issue, lecture notes crowded out a lot of stuff which would normally be saved for the next issue.

Continued next page.

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Continued from pervious page.

Wah, Wah, Wah, cry Baby!

In the August/September issue, page 15, 2nd column, 3rd paragraph, the editor cried about "male-bashing" in "the books" (namely CC, T.A., & F.D.'s books). He's crying because Clara told Taisha that men drain women's energy through sex. Wah, wah - that's so terrible. If it's not true, and it's not true that men demean women, thus sapping their energy, why did the editor go on to say he "wouldn't mind a date with Josefina..." What did he mean by that? Why didn't he want a date with C.C.? He knows as much, or more than Josefina.

No one ever said that men are terrible, stupid, inept or anything of the sort. No one in the party ever said anything even remotely bad about men. Certainly not even close to any of the mean, demoralizing things that have been said about women. All they said is that women are more natural dreamers, and they gather energy differently than men. If men didn't objectify, use and abuse women, and if they would use the recapitulation, maybe they wouldn't sap women's energy. Until then, quit crying about "male-bashing" that isn't even going on.

The editor also goes through this thing about D.J. saying women are replicas of inorganics. So the editor concludes that inorganics offer men their energy & invite them to live in their tunnels, so we should "draw our own conclusions." Sounds to me like he is saying that Clara's just playing head games; i.e. women really want to give men their energy & really want their luminous worms in their womb, they just say the opposite to be a "tease". Which is just like saying "She said no, but I know she meant yes." Mm Hmm, yes. We know that's true. Women are not inorganic and their vaginas are not tunnels. You dare cry male-bashing? Why don't you start recapitulating and put yourself first on your list and please get over your self.

Source: None provided.

Editor: Yikes! Sorry.

How to find out about lectures.

Several times this issue we received confirmation that it's OK to contact Toltec Artists to find out about lectures. In one case, the recorded message for the Tensegrity tape gave out another phone number to Toltec Artists where lecture info could be gotten. In the other case, a reader wrote in and told us how to order the tape, presumably he was told via mail by Toltec Artists.

Another reader (L.K.H.) sent in a copy of a small piece of paper he received, which had a handwritten and signed message. He didn't tell us where he had gotten it. It read:

I have put your name on the list of future events and you will be notified as they occur. Thank you for your interest.

Taisha Abelar

Finding one's hands.

... I'm seeking comments from readers on finding their hands in their dreams and becoming aware of falling asleep. I may be trying too hard here. Also information is requested on encountering scouts and Inorganic Beings.

Source: Ione, CA

Editor: Unfortunately, we won't be able to get responses since this is our last issue. But check out what Marilyn had to say as an alternative to looking for your hands. Then the classic things to try are: shutting off your internal dialogue while putting your attention on your solar plexus (for a couple of hours or until you fall asleep), not-doing exercises such as walking around on knee pads instead of your feet, gazing (looking at anything until it goes flat and you start to see weird stuff), and especially recapitulating. Also, just plain sleeping more helps. When you feel like getting up, just stay there and try to go back into sleep by visualizing your hands. If you wake up from an ordinary dream in the morning, don't move. Pretend you are still in that dream and look for pieces of scenery from it. If you see some, play with them until you are back in.

Is that a Novadreamer?

Issue 4, Page 23. Don Diego, in his comment said that both points were valid, not equal. Let me quote something out of *The Art of Dreaming*.

"The darkness in that hotel room was most extraordinary. It brought me a delicious sense of peace and harmony. It brought me also a profound sadness, a longing for companionship..."

"I am coming apart... I am about to weep for people."

This is Carlos with the Tenant. Some peoples perception would be that these feelings Carlos was having in the Tenants embrace were finer and more noble than the cold, undemonstrative way of certain sorcerers. Who's to judge - it's perception.

Hey! Is that a Novadreamer on the face of he/she who watches us on the book cover of *The Art of Dreaming*? Now ain't that weirdly put?

Source: El. G.

Editor: I never noticed that, maybe that's what El. G.'s benefactor was alluding to. I looked around in stores and it's just a standard blindfold shape, but it is interesting and implies that a blindfold might be useful sometimes.

El. G.'s group seems to place a higher emphasis on love than does Carlos' group. So does don Miguel's, as can be seen from the next entry. Carlos does talk about "unconditional love", but so far it's only as an effect, not a cause. Carlos' experiences that you mentioned could also be explained by the fact that his assemblage point was being moved by someone else, someone who deliberately sought out positions of the

assemblage point permeated with the mood of the old sorcerers.

Another version of la Gorda's demise.

... I have my doubts [about Marilyn], because Florinda described in detail, at both workshops I attended, how la Gorda had died when she tried to lead the party. La Gorda had actually grabbed Florinda by the arm and tried to take her with her into the unknown, but la Gorda died, turned to bone before Florinda's eyes...

... As for your request about the nature of the accusations made by don Miguels' group. I went to 4 meetings with "naguals" of his group. These were group meetings where everyone paid a fee to be there (\$10-15). All of his followers are "naguals". They think everyone is a nagual and they fail to see the distinction don Juan made about the energy configuration of a Nagual. They claim that their Toltec Way leads to unconditional love and Carlos' does not. Their opinion was that their form of Nagualism is for everyone and readily available to anyone who wants it. They think that Carlos' group is secretive and unwilling to share their "dark" form of Nagualism with other humans. The meetings I went to were watered-down forms of Nagualism, more like a fellowship meeting. The opinions I expressed were those I received from the "naguals" who led these meetings. After four meetings, I found that these groups were useless for me. This candy-coated form of Nagualism is not for me. I like the clandestine stuff! Seriously, they don't seem to follow the rigorous course that Carlos' line does regarding recapitulation, *dreaming*, stalking, etc. They claim you will find these things if you pay \$350-\$3000 to go to one of their workshops/tours. I met don Miguel once at a party. He seemed to be a sincere person. I know his followers idolize him (that in itself is dangerous). He is pampered and worshipped by his followers. But I can't relate his opinions, though those of his followers that I came into contact with I can relate...

Source: CA

Editor: Anyone that says that Carlos' group is trying to keep this to themselves is unaware of the facts. Their seminar schedule in the last few months would wear me out, and they limit the size of their audiences, so they aren't after the money.

My apologies to don Miguel's group. We were trying to find out something else and this was just one of the leads we were following. But since the comments were mentioned in a previous issue, we felt it necessary to print what they were. Hats off to don Miguel's students who have been silent about the often negative remarks published last issue. Some of the points don Miguel's group makes are inarguable. When dealing with awful situations in the second attention, "unconditional love" is definitely an option. Panic seems to exaggerate things. *Magical Blend* may have more about don Miguel in future issues.

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Mushroom shape.

...the vision [issue #4, pg 7] during Recapitulation shows a person *seen* from far away. In "Tales of Power", don Juan teaches Carlos an exercise to summon up people. As you may recall, Carlos summoned some buddies of his personal past, then some people that don Juan chose, and at last don Genaro, the real McCoy. Re-read it and you'll find your mushroom- or tree-like shapes. Congratulations, you *saw* while recapitulating...

Source: Withheld

Perfect petty tyrants.

... I have broken the rules. I am a mother. I am raising a child with the help of 2 men, all of us budding warriors. Spirit indicated the conception of this child. I trusted and leapt. A child is a perfect petty tyrant. Valuable recapitulation, remembering, occurs through all developmental stages. Not every parent could do this, but the point is that many new ways are open to us now. The path to warriorhood can even include somebody's mother...

I feel the hole in my light body is constantly healing as I give my child to himself. Because the child is raised by 3 people, no one person has to give themselves away. This child is very clear. I do not feel any of this has hurt my *dreaming*. (Only the first 2 years were weird - he's 10 now). It adds interest to stalking - my Donna Reed look.

Source: Cheyenne, Wy

Editor: On the topic of children, let's not forget that Carlos had at least one. Twice we have heard details about it, and were surprised, but weren't allowed to report it here. However, since this is the last issue, readers should know that what happened might actually come out in one of their books someday. And it is surprising.

Peter Pan was a Toltec?

... In *The Sorcerers' Crossing*, Taisha talks about her experience with Clara's shadow and how it moved on its own accord. It scared her because it moved and change positions. It also lunged at her and gave her quite a fright.

Upon reading this I immediately thought of my own childhood and the story of "Peter Pan". Did anybody else make this connection?

Do you remember? "Peter Pan" always played with his shadow. He also had an "ally" who always helped him and held great affection for him. The ally was of course, "Tinker Bell".

Also "Peter Pan" remained in a perpetual state of childhood. His adventures were in a place called, "Never-never land", where he constantly had trouble with a "petty tyrant", the mean old Captain Hook. Peter also had apprentices in the "Tonal" and the "Nagual".

Now, if you remember your mythology, "Pan" is the greek and roman spirit-god of Nature. Also,

the Greeks had a secret Elysian mystery school where the participants drank an intoxicant called "Soma". (A strange synchronicity just occurred when I looked in my dictionary to spell "Elysian". The word above it is "Elves!!").

This same archetype appears in the form of "Mes-calito", under the influence of peyote. Which Carlos has written about in his first two books.

To me, all of this makes for some damned intriguing allegories. Was the author of "Peter Pan" (who I can't remember) a member of some "mystery" school? What else did he write besides children's stories?..

Source: Sheridan, OR

Started recapitulating regularly from reading NNL.

... As I've said before in writing, even though recommended, the recapitulation seemed too daunting & to me the books were all tales of power. But the newsletter changed that for me. I got my first issues in Oct or Nov & started recapitulating regularly then. Haphazardly, but regularly. A few days ago I had my first *dreaming awake* experience...

Source: CA

Editor: This person also has a machine to signal when you are dreaming, but it "hasn't done squat". This letter is like quite a few others we have received that argue we should ignore what Toltec Artists thinks because the newsletter makes people become more serious about their practices. In fact, at least 20% of the readership directly attributes starting recapitulation to having received the newsletter.

It's a very good argument, but again it falls into the realm of a personal venture. It's back to that junk food feast for the personal self. Now we have to think, "This sure is doing a lot of good, look at all of these serious practitioners."

That's just not an effective way to behave. I for one don't know if it's good or bad to practice these techniques. Go ask a "born again" Christian if the newsletter is doing good. Really, that's a matter of opinion. In a radio interview, one of the witches is asked, "why practice this stuff?" Her answer is, "if you have to ask, it's not for you." Maybe it's important for people to jump into this without any outside prompting.

Another Sorcery school.

... Please ask readers if they know anything about the ad in *Magical Blend's* classifieds which reads: The Quest for Freedom is an authentic School of Toltec Sorcery. The knowledge of the Death Defiers. (followed by address).

Has anyone written them to find out what they are? And who they are? The ad is on P. 109 of M.B. issue #45.

Source: Madison, AL

Editor: I don't know the size of his group, but the book mentioned by the reader in issue #3 on page 12 (Quetzalcoatl) lists the same address inside it's cover. He stated then that as a result of his recapitulation he had met a being claiming to be don Juan, on the "astral plane", and another claiming to be the original Nagual. The book is *The Scales of the Dragon* by Aven-dar Dragon. Here's a quote from his book, at a random chapter: "One evening Master Q came to me and instructed that I was to visualize active volcanoes for a seven day period. He did not elaborate, for as soon as he passed on his instructions he was gone. He would sometimes operate like this. Many times the extent of his presence was merely to pass on brief instructions that I was to practice as efficiently as possible. He later told me that the purpose was to stress a relation on a particular outcome of a practice and not upon the effects of a relation with a so-called guru. The Bhakti and Renunciation paths work heavily in the guru-chela relationship so as to create a second class status upon the devotee. Master Q desired to create in his students a relation to the inner core of being that is one's equal..."

How do you get a question answered?

... My "Brother" has attended a lot of the seminars that were offered in '93. He carried a letter to one of the Chacmools, I assume he went to the office of the Toltec Artists. He never heard from anyone & I do not personally know what the contents of the letter contained. He began about 15 years ago trying to ask a question of the Nagual. He didn't want to infringe or be a nuisance. He simply, respectfully, asked one question. Is there anyone, anywhere, that might be of help - perhaps by mail. He still hopes desperately for an answer to his question...

Source: Truckee, CA

Editor: Carlos and his group are probably bombarded with letters and the like. One time I heard that Carlos picked letters to answer at random, I guess using *intent* to decide. I'm sure they can't respond to everything, because I've seen what the situation is like in the newsletter input. And unfortunately, there are a lot of desperate, insane people interested in this topic. That has nothing to do with the person you mentioned, but it does have something to do with how they view input.

I think that the best approach is to go to the seminars and wait for a chance. Also, he's welcome to send the question here, we can do a couple of things with it. We don't know if these will produce a response, but we can try.

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TRY IT, YOU'LL LIKE IT

Here are more recommendations and comments on specific things readers have tried.

Pseudo-fed causes nightmares, and increased chance of *dreaming*. The next time you have a runny nose, give it a try. My friends and I call it the "pseudo-high". Go for the pure stuff, skip the additives. The little red pills are the best. Just the normal dose will do nicely. Then, when you go to sleep at night, look for a dizzy, hot-flash feeling while you try to become aware of falling asleep.

Source: Riverside, CA

...The date of arrival of the first of these newsletters was also the date that I had sufficiently stored enough personal power to curtail drinking alcohol. It just happened effortlessly, wonderfully. In this regard, I wanted to offer the first piece of knowledge that came to me once I finally walked through and closed that door behind. (This knowledge was already known to me, but once it was imbued with power it had a marvelous "new" quality to it. I want to pass the knowledge on, hoping that it may help others who are in the same boat I was in.) And that is; for me alcohol moved my assemblage point to a place where self-pity and self-importance flourished - the virtual headquarters, if you will - as do many drugs - but alcohol especially. This little piece of information really corners the spirit of alcohol and defrocks it, if you will. Any Nagualists who are experiencing problems in this regard might choose to meditate on this bit of insight. For me it was a tough battle - but an effortless "victory" - really and truly effortless once I had stored enough personal power. That's all it takes - and it's a piece of cake. (The social index decrees that is should be a struggle, and even after the struggle is "over" one must dutifully wear the scarlet letter of "recovering alcoholic" - I suppose to further feed one's "abandoned" self-importance and self-pity. "No, I don't drink anymore - now I'm *recovering - forever!!!*" With what - Chintz? Recovering's for sofas...

Source: Pittsburg, PA

A BOOK REVIEW.

We received an advanced copy of Victor Sanchez's book, *The Teachings of Don Carlos*. You will soon be able to order it from Bear & Company publishing at P.O. Box 2860, Santa Fe, New Mexico 87504. (505) 983-5968. As I warned readers a while back, I don't read much besides technical manuals and Carlos' group's books. Fortunately, a reader also received a copy and provided a review of the book:

Firstly, I found his book to be very good overall. It is most specifically designed to be a "how-to" manual. There is a basic overview or description of the "world view" of Carlos & don Juan, an introduction to terms, etc. The rest is devoted to describing an aspect of the teachings and providing specific techniques for either becoming aware of something within yourself, or something "in the world", or of "entering the separate reality", etc. While some of the techniques seem a little mechanical and "tonal intensive", they are effective, I feel, if they are acted upon with genuine intent.

He gives a rather different technique for recapitulation breathing, and generates another criteria for using the inhalation (when you find a memory that you feel "incomplete" in); and the exhalation (when you discover a "promise" that you made that no longer holds validity) to release other's energy. There is much more detail, but since he already wrote the book, I don't need to do it again...

There is no specific reference to drug use either way. He does mention that he has participated in several rituals and ceremonies "the details of which", he writes, "I am not permitted to reveal". We could speculate here, but that would accomplish nothing.

My overall sense is that he has genuinely experienced what he writes about, with the possible exception of his *dreaming*. The rest of his writing seems to have a sense to it of completeness and richness, but the section on *dreaming* seems more tenuous and thinner, as if he were more quoting and rehashing existing info on *dreaming*, without having as large a personal experience resource to call from as in the remaining material. Overall, though, I do feel that the book is worth reading, if only as a comparison. Of course, I found *The Don Juan Papers* very worth reading too! (What a treasure chest of alternate descriptions of the same stuff!).

Source: Withheld

WEIGHTLESS SLEEPWALKER.

One night, desperate for *dreaming* experiences, I devised a schedule to give myself the best chance to succeed at *dreaming*. My plan was to recapitulate for a long time, shut off my internal dialogue immediately afterwards, and go into a semi-dreaming state as an aftermath of recapitulation. Then I would carefully sneak back to bed, continue to fiercely shut off my internal dialogue, and slip into sleep, hopefully retaining my waking awareness. I figured that my plan ought to work because I often slipped into a semi-dreaming state following recapitulation, and I had also succeeded in the past in shutting off my internal dialogue enough to become aware of being asleep. I needed a focal point to accomplish that, and this night I selected my solar plexus. Don Juan had recommended this for men. Sometimes I use crystals between my fingers.

My plan was working at the point when I finished recapitulating in my box. I was selecting totally irrational topics, such as one strange scene about ice-cream and nuclear waste spilling down a rain pipe on the side of a person's head. In keeping with my plan, I didn't judge the topic, I simply scooped back the energy and finished it up. Then I went into shutting off my internal dialogue, with the intention of going into dreaming in my box.

About a half hour later, tired, I came out of a strange dream. Believing myself to be succeeding in my plan, I carefully crept out of the box, through the room between, and into my waiting bed. Lying for hours, I concentrated on shutting off my internal dialogue, all of my attention focused on my solar plexus. Sleep eluded me.

Waves of strange sensations shot through my half-sleeping body. I couldn't quite get rid of the last traces of my internal dialogue. Three conversations kept interfering with the process. Eventually I became familiar with the three voices and decided that they consisted of my mother, my father, and a child. I shut them off one at a time. Finally, the coveted sleeping state came, although it was fragile and I wasn't completely sure I was asleep.

Familiar strange feelings flowed through me as I continued to focus all of my attention on my solar plexus. I realized that I was only *feeling* my solar plexus. I wondered if I should also visualize the hairs on my chest over that area. I did that too. A vague light seemed to cover the area and my stomach became upset by degrees. A loud gurgling sound began to come from it. I had then the clearest sensation of being asleep, yet being awake, and I was able to clearly identify the three personalities that made up my internal dialogue. The realization was shocking to me and I was awakened by it. I decided to go to the living room and write it down before I forget about it. Maybe I could use this information to help shut off my internal dialogue in the future.

It was dark, and I was still feeling strange from all of the concentration. I stopped in the entrance to the living room. The moonlight coming through the curtains was very frightening. Afraid, I stood at the entrance and closed my eyes. My body felt so light. A creepy feeling came from the shadows in the room and my body floated up. I was nearly hovering in the air, my feet barely touching the top of the shag carpet. I had no weight! The realization made my body slowly move back down. Frightened, I slumped against the wall, afraid to open my eyes or move into the room.

Leaning against the wall, my eyes closed, I fell back into the strange sleep I had felt in the bed. A blue white light started to permeate the room, shining through my closed eyes. I fancied it to be fate, the spirit, *intent*. I was afraid to enter my living room, so I crept to my recapitulation box. I sensed living shadows to the sides of the box in the room, but I safely made it into the box and snuggled up against the walls, my cheek touching the cold smooth surface inside. I waited to see what topics the spirit would select for me in my *dreaming* state. Soon I found myself in a strange dream in an unfathomable land, recapitulating something I could barely apprehend.

Sometime later, I woke up, groggy and confused. I slowly came into waking awareness, finding my cheek pressed not against my recapitulation box, but against my pillow in bed.

Source: CA

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JUNKYARD OF INFINITY

Poem for the back page.

It is the scariest damn thing
It is soft and black and almost liquid
I had to know it
I drank it all down. I turned inside out. I never
wanted to come back. It spit me out on the
shore. It was three in the morning and the stars
stared at me naked on that lonely stretch of
sand.
I walked home
I looked in the mirror
I looked into my eyes, deep black pools
I called its name again and again
I fell asleep with an ebony dewdrop in my hand.
Source: Olympia, WA

SEE THE WORLD!

Film/video documentarist organizing mid- or late-
1995 tour of areas and sites connected to Nagualist
writings; e.g., Tucson -- Nogales -- Hermosillo --
Navajoa -- Tula -- Ixtlán -- Mexico City -- Oaxaca,
plus other stops. Hope for 3 or 4 vehicle caravan.
Interested parties immediately write Franco Mann,
c/o Dale Brakhop; P. O. Box 250113; Little Rock,
AR 72225-0113

CONTACT OFFER

We can reach the goal together
Walking all of the different paths.
Choosing when to sever
the reins on "this" or "that".
Standing not on the order of "here".
Forming sense and liberty in a single
perfect sphere.

Send S.A.S.E for reply to:

MALSI
P.O. BOX 1218
GREENVILLE, MS
38702-1218

Free Group Discussions.

In Mission Viejo, CA. Topics include sorcery and
The Adventures of Don Juan, among other things.
Call Misha or Michael at (714) 768-6144.

VISIT THE JUNGLE!

Opportunity to spend one or more months in the
Central American Jungle to do *Dreaming* and
Stalking. Jodie B., 5775 Vinehill Rd., Sebastopol,
CA 95472

NY WEBB, INC. BBS

There is a new BBS with full Internet access. This
board will have a Forum and Conference devoted
to Nagualism and the Paranormal. The Forum
name is STARFIRE.

The BBS is called: NY WEBB, Inc.

NY WEBB, Inc. is in NY city. The bbs phone
number is 212-647-8660.

The TELNET Address is magic.webb.com or
204.97.88.4

The WWW is <http://www.webb.com>

The voice phone is 1-800-458-4660.

Snail Mail address is:

NY WEBB, Inc.
1133 Broadway, Suite 1226
NY, NY 10010

I may also be contacted now as this is E-Mail
gwg7@webb.COM or
gwg7@magic0.webb.com

Those signing on now will get 10 free hours.
And will receive free hours every month for sub-
scribing to the NNL, when they sign on they can
answer the extra signon questions by typing in
NNL so that we will know and can credit them the
hours.

We have many Dreamers and Stalkers in the
conference and Forum.

There is also the Metaphysical Universe forum on
Delphi, Custom Forum 162.

Editors note: I didn't notice that this BBS was a
paying proposition until just before this issue was
done. Normally I would have written back and
asked them to create another message. But this
was the last issue and there wasn't time. I'd
suggest insisting that you subscribe to NNL and
want the free hours even though we're gone.

Poems from the voice of seeing.

"The Nagual Dreams
The warriors Stalk
They remember the wall together
Only then do they talk.

The Warriors Dream
The Nagual Stalks
The Eagle Cries

Out beyond the Wall of Fog

The Beacon, the Nagual Woman Waits and Flies."
12/24/94 Christmas Eve. Merry Christmas and to
all a goodnight... Peace to all.

White Light descends,
Quiet the night.
Amber light Ascends,
The Warriors in Flight.

The Energy of Peace,
just see the Light.
That which binds,
will set us Free.

Feel the pain inside Release.
Contact is made, the wonders we find.

gwg7 Magicman

Don't worry about groups.

El Cinco Sol is not related to El. G. or her
group. He wishes them well in their quest. El
Cinco Sol says it's O.K. to do the work on your
own and don't worry about groups. He says
there are conferences going on in *Dreaming*
with the intermediate practitioners & others
where explanations are given. These are not
"group" *dreaming*, but "conference calls." El
Cinco says you may be able to *dream* with
others in the NNL if you allow the "other" to
choose partners. Do the work.

Source: The New Zone

INDEX TO THE WORKS OF CARLOS

The A to Z of warriorship (c) 1995.

A compilation of material from the first eight
books by Carlos Castaneda, presented in diction-
ary form with extensive index. Available on disk
for IBM and MAC. For information contact
George White Eagle, P.O. Box 2114, Mount Ver-
non, WA 98273

Editor: Again, I'm not sure if this is a paying
proposition. I would have written to ask, but
there was no time. The author claims this com-
pilation has everything don Juan, the members
of his party, or anyone else has said on the
subject of Nagualism as it appeared in the first
eight books. It shows exactly what was said, in
which book, and on which page, with an exten-
sive index. He will update to include *The Art*
of Dreaming and the works of the witches. It
sounded like a good way to save time searching
so we printed the message.

1

Freedom: the wind blows where it pleases.

2

There is no time, there is only wind.

3

The wind, of whom every tree has something
different to say.

S.G.

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PUBLICATIONS OF INTEREST

CARLOS CASTANEDA

BOOKS

The Teachings of Don Juan. 1968.
A Separate Reality. 1971.
Journey to Ixtlan. 1972.
Tales of Power. 1974.
The Second Ring of Power. 1977.
The Eagle's Gift. 1981.
El don de Aguila. 1985. Mexican version of
The Eagle's Gift with special appendix by CC.
The Fire from Within. 1984.
The Power of Silence. 1987
The Art of Dreaming. 1993.

AUDIO CASSETTES

Interview by Theodore Roethke (1968) \$9.95
Can order from: AUDIO-FORUM, Suite L9, 96 Broad St.
Guilford, CT 06437 (203) 453-9794 or (800) 243-1234
Don Juan's Teachings: Further conversations with
Carlos Castaneda. Tape of Carlos speaking in Berkeley
shortly after The Teachings was published. Order from
Millenia Press, #207-1005 View Street, Victoria, B.C. V8V
3L7 Canada. \$15.95+\$1.50 shipping. Phone: 604/389-0404
May also be available from Sound Photo Synthesis, P.O.
Box 2111, Mill Valley, CA 94942 U.S.A. (800) 815-7999.
The following tapes are Available from TEN SPEED
PRESS, P.O. Box 7123, Berkeley, CA 94707 (800) 841-2665:
The Teachings of Don Juan
A Separate Reality

INTERVIEWS

Psychology Today Dec. 1972 ("Sorcerer's
Apprentice", by Sam Keen).
Seventeen Magazine Feb. 1973 ("Mysterious
world of Carlos Castaneda" with CC and G. Cravens.
May be the same as Harpers Magazine.
Time Magazine cover story, March 5, 1973
The National Observer early 70s by Bruce
Cook. Magazine now defunct? Anyone with specifics?
Psychology Today, Sept. 1974 (same as 1972)
Penthouse Magazine, mid 70s, "The sorcerer's
apprentice" by John Wallace. We don't have the date.
High Times Apr. 1977 "Carlos Castaneda-Factor Fiction?"
Psychology Today Dec. 1977 (article by CC)
Interview with Swami Muktananda (1978)
In The Company Of A Siddha: Interviews and
Conversations with Swami Muktananda. Address in last
issue defunct, but bookstores might be able to order it.
L.A. Weekly Oct. 4-10 & Nov. 15-21 1985.
"Carlos Castaneda the Witch of Westwood." and "Cas-
taneda Postscript" by Michael Ventura.

Magical Blend Issue 14 & 15 (1986) from
interview by Graciela Corvalán, translated into English.
Magical Blend Issue 40 (older reprint)
Details Magazine March 1994. (Very good)
New Age Journal March/April 1994
Seeds of Unfolding vol 1, #4 and vol 2, #2
(better translation of Spanish for interviews in Magical
Blend 14&15. Seeds of Unfolding is 212 area Code, NY)
Voices and Visions by Sam Keen
(book with reprint of Psyc. Today 1972). Also in
The Awakened Warrior, by Rick Fields.
Yoga Journal, Nov 1984 #59 reprint of
same interview as in Seeds of Unfolding.
Yoga Journal, March 1994 #115. Article only,
no input from Carlos or group.

ACCOUNTS / ENCOUNTERS / REPORTS

Harpers Magazine Feb. 1973. Gwyneth Cravens
writes about her encounter with CC, "Talking to Power
and spinning with the Ally."
Harpers Sept. 74
Der Weg der Tolteken - Ein Gespräch mit
Carlos Castaneda. Book in German from a 1979
Spanish interview by Graciela Corvalán. Published
by Fischer 1987. Same as Magical Blend, issues 14 & 15.
Magical Blend #5. Comparison of Aleister Crowley
and Carlos Castaneda.
Village Voice Jan. 25, 1973. "Upward and
Juanward: The Possible Dream" by Ronald Sukenick.
A book review which also accounts meetings with CC
which were arranged by literary figure Anaïs Nin.
New Age Journal June 1985 "Searching
for Carlos Castaneda" by Rick Fields.
Powers of Mind by Adam Smith (pg 324)
Conversations con Carlos Castaneda.
Madrid (Spain), 1991. A book created by Carmina Fort
from interviews with Carlos and Florinda, about
130 pages! Published by Héptada Ediciones.
Fate Magazine Sept. 1991. "Shapeshifting -
American Style" by Wanda Sue Parrott. Wanda says her
Cousin Margaret married CC and she met him as a result
of their relationship.

CAROL TIGGS

INTERVIEWS

Magical Blend Issue 42, Apr. 1994.

TAISHA ABELAR

BOOKS

The Sorcerers' Crossing. 1992.

INTERVIEWS

Dimensions magazine, "Canada's New Age
Monthly.", Apr. 1992, Vol. VII No. 9. Address: 3 Charles
Street W., Suite 300, Toronto, Ontario M4Y 1R4, Canada

Magical Blend Issue 40, Oct. 1993.
Magical Blend Issue 42, Apr. 1994.

FLORINDA DONNER (-GRAD)

BOOKS

Shabono. 1982.
The Witches Dream 1985. (out of print?).
Being-in-Dreaming. 1991.
Ser en el Ensueno. 1992. Spanish version
of Being-in-Dreaming with special forward.

INTERVIEWS

Body, Mind & Spirit #6, 1992. What happened
to La Gorda and gang! Interviewed by Ken Eagle
Feather and Carol Kramer.
Magical Blend Issue 35, Apr. 1992
Magical Blend Issue 42, Apr. 1994.
Dimensions magazine Feb. 1992 (Canada),
Conversations con Carlos Castaneda.
(see Carlos Castaneda ACCOUNTS).

ONE TIME MENTION

Castaneda's Path of Knowledge by Donald
Lee Williams. Described by a reader as Jungian analysis.
The Farm on the River of Emeralds by Moritz
Thomsen. A book with interesting stories about a man who
chucked it all to go farm in the jungles of Ecuador. No
mention of Carlos that I am aware of, but a reader found
many of Carlos' concepts amidst the stories. One interest-
ing incident where the voice of seeing spared the man from
being bitten by a Coral Snake.
Freedom Through Higher Awareness by Dr.
Wayne Dyers (tape series). Dr. Dyers discusses Being-in-
Dreaming and gives some new perspectives on Freedom.
Exploring the Ways of Mankind by W.R.
Goldschmidt. 2nd edition, pgs 187-195 has references.
"An Ally for Castaneda", Exemplars, pgs 188-218.
"Carlos Castaneda", New York Times book review
and literary supplement. Article including picture of very
young Carlos. Portrays him as sincere and tricky.

NAGUALIST ORGANIZATIONS

Toltec Artists, 183 N. Martel, #220, Holly-
wood, CA 90036. This is a place where you
can write to Castaneda and the rest of his
clan.

INTERNET: castaneda-request@earth.com

Subscribing to Ixtlan mailing list (IML):
ixtlan-request@www.com

COMPUSERVE: New Age Forum + Dreaming

Nagualist

THE NAGUALIST NEWSLETTER AND OPEN FORUM / ISSUE 5 FEB / MAR 1995

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Magical Blend has an advertisement telling us where to sign up for a lecture on the Tensegrity movements, another ad (for the video) will probably show up in Body, Mind, & Spirit, along with an interview with members of Carlos' group.

The bad news is that the newsletter didn't work out in its present form.

As to the reaction from Carlos' group: we heard of it from four different sources. The reaction came in a bit at a time, in what seems to be a nicely arranged progression. The first reaction we heard was extreme. We were told that Carlos and the witches were "upset at the very existence of the newsletter". Although we suspected that was an exaggeration, it still got our attention. The remaining reactions were quite a bit more mellow. Finally, by accident, we were even able to have a conversation with someone about it.

The gist of the thing is that their group has in fact read the newsletter and finds it to be mostly nonsensical. We heard comments about particular parts of the newsletter, indicating someone had actually taken the time to turn pages (something I didn't expect).

I was told that the objections aren't based on our efforts to share information; they aren't trying to keep information from people. But they are concerned that readers won't be able to wade through the junk and find the valuable stuff. And the valuable stuff might not be all that valuable, and certainly not that plentiful. The atmosphere is not strict warriorship, people are half into things, and the open forum aspect seems to have backfired. It seems that at least one person in Carlos' group got the impression that we were endorsing other Nagualist groups. Let's face it, some of these groups are questionable. I can see how Carlos' group, working extremely hard to provide consistent training for people with an interest, wouldn't be too happy to see their information mixed in with the questionable stuff. All of their hard work could be jeopardized.

It was suggested to me that the function of the editor is to screen submissions, and that I had not done that well. Unfortunately, someone would have to be trained or selected by Toltec Artists to do that. I could do it, but I have a Part's point of view.

Then there's the question of whether it's good to centralize the information source at all. It certainly makes it easier for all of us, but consider this: Carlos' group has the pick of any esoteric magazine they wish. Each magazine would be happy to have a new interview for publication every month. Despite this, they switch magazines (making it difficult for us to find the information), even popping up in such unlikely places as Details.

While Magical Blend seems the most logical place to put such interviews (they even photocopy sold out issues with Carlos interviews and sell complete sets on request), Toltec Artists has elected to place their next interview in a different magazine. I've been told that Details is out of the issue with the Bruce Wagner interview, and won't do anything to provide it for people. Rumor has it that this is Carlos' favorite interview. Of course, someone who really wanted it could get a photocopy at a library.

Carlos' group isn't necessarily concerned with accessibility. Their behavior is unpredictable, uncentralized, and irregular; exactly what it ought to be, but the opposite of this newsletter. It's not really clear if they want us to share lecture notes. On the one hand, we received a big NO about printing that radio interview transcript. And yet we were told that they weren't trying to keep us from sharing information.

Even sharing personal experiences is a potential problem. I enjoy it, readers enjoy it, but look what Florinda said about recapitulating in your car. She said that if you turn your head it's more likely you're engaging in a show of "I'm above all this." That would have to be even more true of sharing personal experiences.

So these problems boil down to submission screening. We received two recommendations that we might ask Kylie for help. One reader recommended (in true clandestine spirit) that we should stalk her and get her to discuss it. Yea, right... I can just see myself trying to trick a Chacmool. Maybe I could pretend to be a Novadreamer salesman. Unfortunately, I wouldn't be able to get past that vacant look in her eyes. The other recommendation was to simply call her on the phone, and it came from someone who likely talks often with her.

I probably would have gone for that, except that it felt like perhaps she might help simply as a form of damage control.

Another fatal flaw with the newsletter was discussed with me. Here we are, trying to break away from the social structure, and in doing so we're making new friends and building a "feel good" support group.

Don Juan was worried that his lineage would get trapped simply because they got too mixed up with the mood of the death defier. And here we are forming a secret society. To be perfectly honest, I've worried about this too. How do you have an information sharing newsletter that doesn't turn into a focal point or substitute for peoples displaced tendency to seek out the solace and company of other people? Only Toltec Artists could tell us how to do that.

For now, this will be the last issue. But I have this crazy idea that the newsletter popped up because it was supposed to pop up, and can't go away that easily. Or maybe it's been replaced by the change in Carlos' group's relationship to us. One thing's for sure: Keeping it now would be a personal choice, and that wouldn't be effective. Or at least, we aren't willing to accept responsibility for doing that.

Keep an eye out in Magical Blend to see if anything changes.

Who's studying whom?

While we were studying Carlos and group, it seems that a graduate student was studying all of us, the newsletter included. She was a student of UCSB. Maybe she even went to school with the blue scout! Her name was Ruth Pohnert, and she has put together a 143 page master thesis entitled California Realities: Carlos Castaneda and Consequences. It really looks good. It's a wide scan of just about all of the literature, favorable and unfavorable. While she did it, she locked herself up and practiced the techniques. To my horror, it even mentions the newsletter, and often quotes from reader submissions.

It's as thick as a book, but she's only charging printing costs of \$7, plus \$1.50 postage. If you're too lazy to read all of the references to Carlos, this will fill you in. I recommend she contact Bear & Company publishing, mentioned on page 24. I believe they might be interested. For the rest of you, write to: Ruth Pohnert, General Delivery, Santa Barbara, CA 93102.

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